THE CONVENIENCE ISSUE

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SEPTEMBER 2019

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PAGE 125

Crispy Ravioli with Red Pepper & Mushroom Bolognese, *p.23*

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QUIZ Americans care more than ever about what's in their food and where it comes from. Yet the vast majority admit that labels trip them up. Test your smarts—and find out which terms are worth paying attention to.
BY JOYCE HENDLEY

COVER: LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS); RECIPE: PAGE 23. THIS PAGE: JOHNNY AUTRY

SEPTEMBER 2019

DEPARTMENTS

13 Dinner Tonight
For our convenience issue, we make weeknight meals even easier to get on the table, thanks to items like store-bought ravioli—which get breaded, baked crisp and doctored up with a mushroom Bolognese sauce *(p.23)*—and jarred tikka masala sauce *(p.36)*. Plus, we improvise 5 different dishes—like grilled sandwiches and stuffed peppers—from one easy spanakopita filling *(p.42)*.

55 Good Life
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MICHAEL TALLMAN

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EASY TO
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All About Ease

In my fantasy world, I'd make a salad from mixed greens straight from the garden every night. Reality: I do eat a lot of salads. The greens? Most of them arrive from the grocery in a plastic tub or bag, clean and ready to go. Maybe that's less romantic, but the convenience is unbeatable. And no matter what kind of greens I buy, they make me feel good, because they're delicious *and* healthy. For this convenience-themed issue, on page 82 we look into the story behind how mixed greens took down iceberg lettuce and came to dominate produce departments everywhere (and in turn became my personal favorite convenience food!).

When you stray beyond the produce section and move into the aisles lined with packaged foods—you know, all the ones from jarred sauces to frozen tater tots that help make our lives a whole lot easier—you're bombarded with seals, stamps and numbers. In our story about food labels (*page 116*), you'll find loads of tips for smart shopping. According to a recent study mentioned in the story, 72% of adults say they're confused about how to know what's healthy. How about you? Are you a label reader? Think you're pretty good at sorting out their meaning? The story is written as a quiz, so you can see how your shopping savvy stacks up. You may be surprised at how easy it is to get tripped up by labels that seem straightforward, like "no-sugar added" or "pasture-raised."

In search of more ways to make your slide back into fall's more hectic schedule a tad easier, we asked cookbook author Katie Webster to deliver a meal-prep plan for five nights of delicious, stress-free meals. Katie's my sister, but she also happens to be a pro at this sort of thing. She shuttles her two girls between activities; publishes her blog, Healthy Seasonal Recipes; teaches fitness classes; and she still manages to cook dinner just about every night. Her plan *(page 90)* involves about an hour and a half of prep time on Sunday (or whichever day you have a little time to spare) when you roast chicken thighs, cook quinoa, shake up a salad dressing, make a cheese sauce and cut up vegetables. Then for the rest of the week, you're set up for awesome dinners like Chicken & Quinoa Buddha Bowls and Cheesy Beef Enchiladas Casserole that take just 20 minutes or less of active cooking time on a weeknight.

Now back to my fantasy world: Besides that homegrown salad, I'd leisurely make the rest of the meal (and every meal) from scratch. I would bake bread from freshly milled grains. I would cook eggs from chickens raised in my backyard on 100% organic table scraps. Reality: I do cook most evenings, but not *all* from scratch. My ingredients are *not* exclusively organic. I do read labels and I know what I'm getting in the prepared and packaged foods I use. Most nights I eat pretty darned well. With this issue, I promise you will too.

Jessie

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WHAT'S TRENDING AT

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1 **Healthy Tailgating** It takes energy to cheer on your favorite players—peewee or pro! Bring along plenty of shareable pre-game noshers, like Sriracha-Buffalo Cauliflower Bites *(right)* and Touchdown Tortilla Wraps. *EatingWell.com/TailgatingFood*

2 **Lunches You'll Love** Browse our fast fall meals—like Spicy Ramen Cup of Noodles in a mason jar. Plus lots of lunchbox ideas for those of us sending kids back to school. *EatingWell.com/Lunch*

3 **A Month of Mediterranean** The Mediterranean diet is among the healthiest in the world. Get our best recipes, from Hummus & Greek Salad to Vegetarian Spaghetti Squash Lasagna. *EatingWell.com/Mediterranean*

WE ASKED YOU

What convenience item is always in your pantry, freezer or fridge?

"Toaster waffles."
—alina_harris03

"Canned beans for salads, burritos or chili."
—Julie Zalace

"Trader Joe's mac & cheese."
—Rachel Diroll-Zack

"Cauliflower pizza crust! Ready to be loaded up with whatever is hanging out in the fridge!" *—tinaeffinmarie*

"Peanut butter. Jif of course." *—Janet Butler*

"MorningStar Farms Spicy Black Bean Burgers."
—tay_tay8686

"Frozen homemade chicken broth for pasta fagioli, soup, mashed potatoes, egg noodles." *—Canda Biggs*

"Wild Planet no-salt tuna."
—Judy E. Manisco

MEET THE GOOD-LIFE GURUS

Follow these Instagrammers for help simplifying back-to-school this year.

@aimeebourque

If you need tips on kitchen organizing, effortless hostessing or homesteading (yes, quite the array of skills!), Aimée Wimbush-Bourque is your girl. This mom of three, cookbook author and Nova Scotia-based food blogger at Simple Bites has a lot of tricks up her sleeve, as well as seriously tasty seasonal recipes for you to try, like that delicious-looking Maple Pumpkin Chili *(above)*.

@foodheaven

Wendy Lopez and Jessica Jones are BFFs, R.D.s and certified diabetes educators who encourage us to make health a priority on their blog Food Heaven Made Easy. We dig their healthy and doable recipes for busy fall days like Chai Spiced Persimmon Oatmeal and Stuffed Butternut Squash with Stewed Lentils. Want more? Check out their cookbook and podcast too.

@holleygrainger

As a registered dietitian and mom to two girls, ages 5 and 8, Holley Grainger is no stranger to packing healthy school lunches. (Adorable example above!) Her goal: tasty, fun food that's also nutritious. In fact, Holley started the hashtag #healthylittlelunchbox on Instagram to get us all sharing inspo year-round (great to scroll through when you feel stuck).

BYO Bento! Scan to see Holley Grainger's formula for packing healthy bento box lunches on *EatingWell.com*.

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Recipe Feedback

I had been a subscriber to *Cooking Light* magazine for, oh... maybe 10-15 years? I was so sorry to hear they were stopping publication and were morphing with *EatingWell* magazine. I got my first copy in January, and it was quite different than what I had been used to. With every edition of my *Cooking Light* issue, I would go through the magazine and bookmark recipes that interested me or piqued my curiosity. That first issue of *EatingWell*, for me, was heavy on informational content and light on things I thought I'd actually prepare. Well, I'm excited to say that this past June's issue of *EatingWell* has quite a few pages bookmarked for foods and meals I'm excited to try. I'm getting more used to reading the articles, and I find them informative and interesting. New (easy!) recipes are what I'm hoping for most. Thank you for being so welcoming to your *Cooking Light* subscribers. I'm looking forward to seeing future recipes in your issues.
—Jennifer Brady, Newark, DE

Seeking Specialty Alternatives

I have to take exception to the seafood alternatives in "The Other Fish in the Sea" [June]. I live in central Colorado and none of the fish suggested is even remotely available for a reasonable price. It would be nice if you would consider those of us who are trying to incorporate more sustainable fish for less "fresh fish available" areas. We can't all live on the coast! Let's try to make this magazine more for the general recipe, healthy-loving folks and not just those who have access to specialty markets.
—Jane Stanley, Cotopaxi, CO

You Read My Mind: *GOOD Ink*

I loved your article "The Three Little Words Every Host Dreads" in the July/August issue. It was like you read my mind! Thank you so much for your insight and helpful tips! I've got this article hanging on my fridge hoping that some of my "helpers" will take the hint.
—Heather Tarman, Austin, TX

You're Out of Touch: *GOOD Ink*

I just finished reading "The Three Little Words Every Host Dreads." I am new to reading *EatingWell* and I cannot get past the advice given to "teenage guests." Susan Reid is suggesting we give cans of spray paint to teenagers?? Really? I do not know who Susan Reid is but she clearly does not have kids or a yard.
—Leigh Alexander, via email

EDITOR'S REPLY: *GOOD Ink* is our humor column—it's meant to be taken with a grain of salt. But we appreciate your concern.

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"This 'stadium of cucumbers' was inspired by the classic 1952 *Life* image by J.R. Eyerman of people in a movie theater wearing 3D glasses," say Brooklyn-based photographer-and-stylist duo Ted and Chelsea Cavanaugh.

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REAL TALK

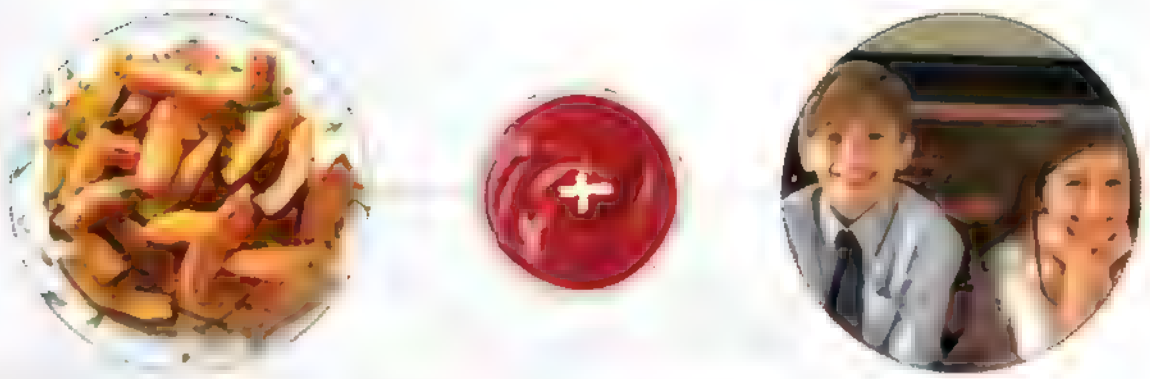
WHAT'S FOR DINNER?

When it comes to feeding healthy foods to our kids, we're pros at *EatingWell*—literally! That said, we've all faced our fair share of mealtime meltdowns. Adding a dollop of **Heinz Simply Ketchup** on their plate is a strategy in all of our picky-eater playbooks. To our little ones, taking a bite of dreaded *fill-in-blank-here* is less daunting when dipped into something they love. And that's what we call a WIN-WIN!

CHECK OUT THESE MEALTIME WINS FROM REAL *EATINGWELL* MOMS.

Lauren F. Frankie's Mom

"Believe it or not, Frankie (3) loves veggie tots dipped in ketchup! One day he'll realize that French fries are even better, but until then, Mommy is cramming in the cauliflower!"



Kristen S. | Luca & Lala's Mom

"My kids (11 & 9) won't touch steamed veggies. I have more success with roasted vegetables—when served with a dollop of ketchup, they absolutely devour every healthy bite."

Brierley H. | Holland's Mom

"My daughter Holland (6) can be particular when it comes to protein. She won't eat chicken and would never put ketchup on a cheeseburger (I'll never understand!), but she slathers her turkey meatloaf with ketchup. Go figure!"

Leslie R. | Matthew, Annabelle & Harry's Mom

"Annabelle (11) is a foodie and dreams of being a chef. Her homemade Thousand Island dressing (mayo, ketchup, sugar and relish) is so delicious that her picky little brothers (Matthew & Harry, 8) can't stop dipping veggies in it!"

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EASY HEALTHY RECIPES

DINNER TONIGHT

Meals in Minutes

Whether it's store-bought sauce, prechopped veg or speedy fish for taco night, quick-cooking ingredients do the trick to make healthy dinners happen fast. Turn for delicious ways to serve 'em up.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS)

Fish Tacos with Kiwi Salsa

ACTIVE: 35 min **TOTAL:** 35 min

The key to perfectly golden, crunchy fish is patience—let your oil get nice and hot before you add in the battered pieces. Dip an instant-read thermometer into the oil to make sure it's up to temp before you get cooking.

- **1 cup thinly sliced red cabbage**
- **1 tablespoon rice vinegar**
- **1 cup diced peeled kiwi**
- **2 tablespoons finely diced red onion**
- **1 tablespoon chopped fresh cilantro**
- **1 tablespoon lime juice**
- **1 teaspoon finely chopped jalapeño pepper, plus slices for garnish**
- **¾ cup white whole-wheat flour, divided**
- **1 teaspoon baking powder**
- **¼ teaspoon salt plus a pinch, divided**
- **½ cup Mexican lager**
- **8 ounces skinned center-cut firm white fish, such as cod**
- **2 cups corn oil**
- **8 corn tortillas, warmed**

1. Toss cabbage with vinegar in a medium bowl. Combine kiwi, onion, cilantro, lime juice and jalapeño in a small bowl. Set aside.

2. Whisk ½ cup flour, baking powder, ¼ teaspoon salt and beer in a medium bowl. Cut fish into 8 pieces. Dust with the remaining ¼ cup flour. Shake off the excess flour and add the fish to the batter, turning to coat.

3. Place a wire rack on a baking sheet near the stove. Heat oil in a medium skillet over medium-high heat to 325°F. Let excess batter drip off, then add half the fish to the pan. Cook, turning once, until the coating is golden, about 3 minutes total. Transfer to the rack, let the oil heat back to 325°F and repeat with the remaining fish. Sprinkle with the remaining pinch of salt.

4. Serve the fish in tortillas with the reserved cabbage, kiwi salsa and jalapeño slices, if desired.

SERVES 4: 2 tacos each

CAL 504 / **FAT** 29G (SAT 4G) / **CHOL** 22MG / **CARBS** 47G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 7G / **SODIUM** 467MG / **POTASSIUM** 424MG.

cozi

Get *EatingWell* recipes for easy weeknight & 20-minute mains in Cozi, a free meal-planning and organizing app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY CAROLYN MALCOUN

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Scallops with White Bean Ragu & Charred Lemon

ACTIVE: 25 min **TOTAL:** 25 min

Giving lemons a quick sizzle in the skillet amps up the flavor of this piccata-inspired dish. The heat helps release even more citrus juice and sweetens it.

- **3 teaspoons extra-virgin olive oil, divided**
- **1 pound mature spinach *or* white chard, trimmed and thinly sliced**
- **2 cloves garlic, minced**
- **1 tablespoon capers, rinsed and chopped**
- **½ teaspoon ground pepper, divided**
- **1 15-ounce can no-salt-added cannellini beans, drained**
- **1 cup low-sodium chicken broth**
- **⅓ cup dry white wine**
- **1 tablespoon butter**
- **1 pound dry sea scallops, tough side muscle removed**
- **1 lemon, halved**
- **2 tablespoons chopped fresh parsley**

1. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add greens and cook, stirring often, until wilted, about 4 minutes. Stir in garlic, capers and ¼ teaspoon pepper; cook, stirring occasionally, until fragrant, about 30 seconds. Add beans, broth and wine and bring to a simmer. Reduce heat to maintain a low simmer, cover and cook for 5 minutes. Remove from heat and stir in butter. Cover to keep warm.

2. Meanwhile, sprinkle scallops with the remaining ¼ teaspoon pepper. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until browned on both sides, about 4 minutes total. Transfer to a clean plate. Add lemon halves to the pan, cut-side down, and cook until charred, about 2 minutes. Cut into wedges. Sprinkle the scallops and the bean ragu with parsley and serve with the lemon wedges.

SERVES 4: 3 oz. scallops & 1 cup ragu each

CAL 255 / **FAT** 8G (SAT 3G) / **CHOL** 35MG / **CARBS** 21G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 21G / **FIBER** 5G / **SODIUM** 590MG / **POTASSIUM** 853MG.

GO FOR DRY

When shopping for scallops, look for ones labeled "dry." Some scallops are soaked in a solution that prevents them from searing properly and can give them a soapy flavor.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY ADAM DOLGE

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Skillet Chili Mac

ACTIVE: 35 min **TOTAL:** 35 min

Poblanos add a kick of heat to this pasta dish. If that's not your thing, swap in green bell peppers to tone it down.

- **12 ounces whole-wheat elbow noodles, rotini *or* fusilli**
- **2 tablespoons extra-virgin olive oil**
- **1 large onion, diced**
- **2 medium poblano peppers *and/or* green bell peppers**
- **1 medium stalk celery, diced**
- **3 cloves garlic, minced**
- **1 pound lean ground beef**
- **3 tablespoons chili powder**
- **½ teaspoon salt**
- **1 28-ounce can diced tomatoes**
- **1 cup low-sodium beef broth**
- **1 15-ounce can low-sodium kidney beans *or* chili beans, rinsed**
- **½ cup sour cream**
- **¾ cup shredded sharp Cheddar cheese**
- **Sliced scallions *and/or* pickled jalapeños for garnish**

1. Cook pasta 2 minutes less than the package directions. Drain.

2. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion, peppers and celery and cook, stirring often, until softened, 4 to 5 minutes. Add garlic and cook, stirring, for 30 seconds. Add beef, chili powder and salt; cook, stirring and breaking up with a spoon, until the beef is no longer pink, 4 to 5 minutes.

3. Add tomatoes with their juice and broth; bring to a boil over high heat and cook for 2 minutes. Add beans and the pasta, reduce heat to medium and cook, stirring often, until hot, 1 to 2 minutes. Remove from heat. Fold in sour cream. Serve topped with Cheddar and scallions and/or pickled jalapeños, if desired.

SERVES 6: 1¾ cups each

CAL 567 / **FAT** 22G (SAT 8G) / **CHOL** 73MG / **CARBS** 64G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 34G / **FIBER** 14G / **SODIUM** 731MG / **POTASSIUM** 1,073MG.

JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY; RECIPE BY STACY FRASER

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Herb-Roasted Drumsticks with Potatoes

ACTIVE: 25 min **TOTAL:** 45 min

Use your favorite dried herb blend to season both the drumsticks and the sauce in this sheet-pan dinner. A garlic-and-herb mix is crowd-pleasing, but something with a little more heat, like Cajun, would be delicious too. Whichever way you go, opt for a salt-free version to keep the sodium down.

- **2 medium sweet potatoes, cut into 1-inch pieces**
- **1 medium russet potato, cut into 1-inch pieces**
- **1 medium yellow onion, chopped**
- **1 tablespoon extra-virgin olive oil**
- **2 teaspoons chopped fresh rosemary**
- **2 teaspoons chopped fresh thyme**
- **¾ teaspoon ground pepper, divided**
- **½ teaspoon salt plus a pinch, divided**
- **2 pounds chicken drumsticks**
- **3 teaspoons dried herb seasoning blend, divided**
- **6 tablespoons sour cream**
- **2 teaspoons lemon juice**

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Coat a rimmed baking sheet with cooking spray.

2. Toss sweet potatoes, potato, onion, oil, rosemary, thyme, ½ teaspoon pepper and ¼ teaspoon salt in a large bowl. Spread evenly on the prepared pan. Add chicken to the bowl and sprinkle with 2 teaspoons herb seasoning, the remaining ¼ teaspoon pepper and ¼ teaspoon salt. Place the chicken on top of the vegetables.

3. Roast the chicken and vegetables on the bottom rack, stirring once, until an instant-read thermometer inserted in the thickest part of a drumstick without touching bone registers 165°F and the potatoes are tender, about 30 minutes. Move the pan to the upper rack and turn the broiler to high. Broil until the chicken starts to brown, about 3 minutes.

4. Meanwhile, stir sour cream and lemon juice with the remaining 1 teaspoon herb seasoning and pinch of salt in a small bowl. Serve the chicken and vegetables with the sauce.

SERVES 4: 3 oz. chicken, 1½ cups vegetables & 1½ Tbsp. sauce each

CAL 551 / **FAT** 19G (SAT 5G) / **CHOL** 263MG / **CARBS** 42G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 51G / **FIBER** 6G / **SODIUM** 713MG / **POTASSIUM** 1,288MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY ADAM DOLGE

Crispy Ravioli with Red Pepper & Mushroom Bolognese

ACTIVE: 35 min **TOTAL:** 35 min

Legend has it that toasted ravioli originated with a St. Louis chef dropping the pasta in hot oil instead of water. Here, we lighten it up by baking instead of frying and adding a serving of vegetables in the form of a vegetarian Bolognese-style sauce.

- **Cooking spray**
- **1 cup panko breadcrumbs, preferably whole-wheat**
- **¼ cup finely grated Parmesan cheese, plus more for serving**
- **½ teaspoon Italian seasoning**
- **1 large egg**
- **1 tablespoon water**
- **1 pound fresh cheese ravioli *(see Tip)***
- **1 tablespoon extra-virgin olive oil**
- **1 large red bell pepper, diced**
- **2 cups chopped mushrooms**
- **⅓ cup walnuts, finely chopped**
- **2 cups low-sodium marinara sauce**

1. Preheat oven to 425°F. Place a wire rack on a rimmed baking sheet and coat with cooking spray.

2. Combine breadcrumbs, Parmesan and Italian seasoning in a shallow dish. Whisk egg and water in a separate shallow dish. Dip ravioli in the egg, letting excess drip off, then coat in the breadcrumb mixture, pressing to adhere. Place on the wire rack. Lightly coat the ravioli with cooking spray.

3. Bake the ravioli until golden brown and crispy, about 15 minutes.

4. Meanwhile, heat oil in a large saucepan over medium-high heat. Add bell pepper and mushrooms; cook, stirring, until softened, about 4 minutes. Add walnuts and cook, stirring, for 1 minute. Add marinara and cook until hot, about 2 minutes.

5. Serve the ravioli with the sauce and more Parmesan, if desired.

SERVES 4: 6 ravioli & ¾ cup sauce each

CAL 479 / **FAT** 23G (SAT 6G) / **CHOL** 93MG / **CARBS** 49G / **TOTAL SUGARS** 9G (ADDED 1G) / **PROTEIN** 20G / **FIBER** 6G / **SODIUM** 501MG / **POTASSIUM** 267MG.

READY RAVIOLI

Using fresh ravioli instead of frozen saves time by skipping the step of boiling or thawing in this recipe. Most grocery stores offer an array of ravioli flavors in the fresh-pasta case: experiment to find what you like best (looking at you, butternut squash).

Hold your phone's camera over the smart code to save this cover recipe to your *eatingwell*.com favorites.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN; RECIPE BY BREANA KILLEEN

Scallion-Ginger Beef & Broccoli

ACTIVE: 30 min **TOTAL:** 30 min

Whip up a chef-quality stir-fry at home. This one packs in more vegetables and nearly halves the calories of what you would find in a restaurant. (See "Ask Breana," page 132, for how to season a wok.)

- **⅓ cup reduced-sodium tamari *or* soy sauce**
- **¼ cup low-sodium chicken broth**
- **2 tablespoons brown sugar**
- **2 tablespoons cornstarch, divided**
- **1 pound sirloin steak, thinly sliced**
- **3 tablespoons peanut *or* canola oil, divided**
- **6 cups broccoli florets**
- **½ cup sliced scallions, plus more for garnish**
- **1 tablespoon finely grated ginger**
- **1 teaspoon finely grated garlic**
- **2 cups cooked brown rice**
- **Crushed red pepper for garnish**

1. Whisk tamari (or soy sauce), broth, brown sugar and 1 tablespoon cornstarch in a small bowl. Toss steak with the remaining 1 tablespoon cornstarch.

2. Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add the steak and cook, stirring once, until browned, about 4 minutes. Transfer to a clean plate. Add the remaining 1 tablespoon oil and broccoli; cook, stirring occasionally, until slightly tender, about 2 minutes. Stir in scallions, ginger and garlic; cook, stirring, until fragrant, about 30 seconds. Whisk the tamari mixture and add it, along with the beef, back to the pan; cook until the sauce thickens, about 1 minute. Serve over brown rice and garnish with crushed red pepper, if desired.

SERVES 4: 1 cup beef & broccoli & ½ cup rice
CAL 440 / **FAT** 16G (SAT 4G) / **CHOL** 59MG / **CARBS** 43G / **TOTAL SUGARS** 9G (ADDED 7G) / **PROTEIN** 30G / **FIBER** 4G / **SODIUM** 741MG / **POTASSIUM** 781MG.

HEART HEALTHY

Settling stomachs isn't ginger's only superpower. Preliminary research suggests it may improve blood sugar and inflammation too.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY ADAM DOLGE

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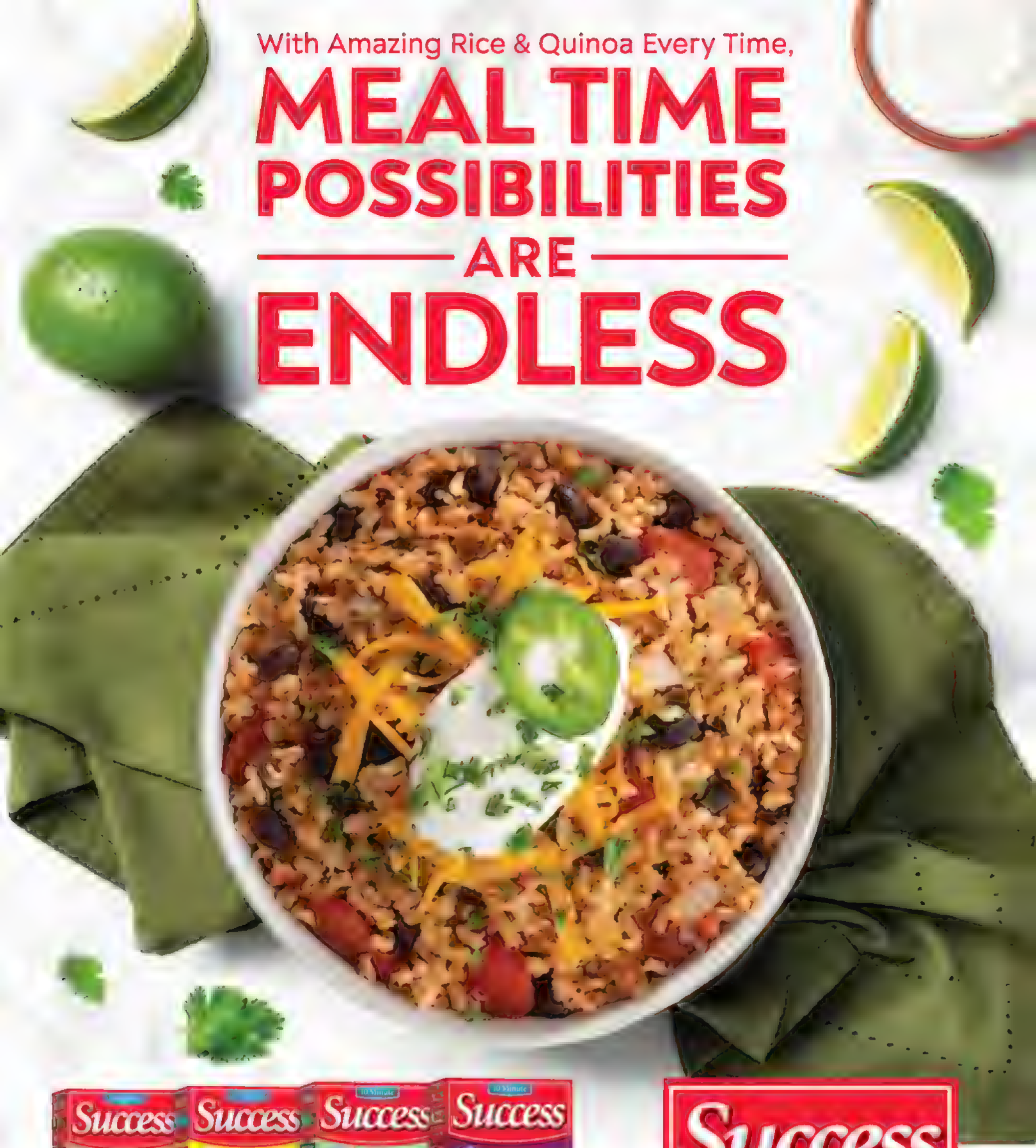

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Halibut with Creamed Corn & Tomatoes

ACTIVE: 40 min **TOTAL:** 40 min

For this recipe you steep corncobs in milk; the resulting "stock" boosts the intensity of made-from-scratch creamed corn, plus extra starch from the corn contributes to its thick texture.

- **4 ears corn, husked**
- **1½ cups whole milk**
- **3 cloves garlic, divided**
- **1 sprig fresh thyme**
- **3 cups chopped tomatoes**
- **3 tablespoons chopped fresh basil**
- **2 tablespoons extra-virgin olive oil, divided**
- **¾ teaspoon salt, divided**
- **1 tablespoon butter**
- **¼ cup chopped shallot**
- **2 tablespoons all-purpose flour**
- **2 tablespoons grated Parmesan cheese**
- **½ teaspoon ground pepper, divided**
- **1¼ pounds halibut, cut into 4 portions**

1. Cut kernels from cobs and set aside. Cut or break the cobs in half and place in a large saucepan. Add milk, 2 garlic cloves and thyme. Cook over medium heat until starting to simmer around the edges. Remove from heat, cover and let steep for 10 minutes. Strain into a glass measuring cup or small bowl; discard the solids.

2. Meanwhile, grate the remaining garlic clove into a medium bowl. Stir in tomatoes, basil, 1 tablespoon oil and ¼ teaspoon salt. Set aside.

3. Melt butter in the pan over medium heat. Add shallots and cook, stirring occasionally, until soft, about 1 minute. Add the reserved corn kernels and cook, stirring occasionally, until starting to soften, about 3 minutes. Sprinkle with flour and cook for 30 seconds. While stirring, slowly add the milk. Adjust heat to maintain a simmer, cover and cook until thickened, about 5 minutes. Stir in Parmesan and ¼ teaspoon each salt and pepper. Cover and set aside.

4. Sprinkle halibut with the remaining ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the halibut and cook, turning once, until lightly browned and just cooked through, 5 to 7 minutes total.

5. Serve the halibut with the reserved creamed corn and tomatoes.

SERVES 4: 4 oz. fish & ½ cup each corn & tomatoes
CAL 422 / **FAT** 17G (SAT 6G) / **CHOL** 88MG / **CARBS** 35G / **TOTAL SUGARS** 15G (ADDED 0G) / **PROTEIN** 35G / **FIBER** 4G / **SODIUM** 641MG / **POTASSIUM** 1,396MG.

GOOD CATCH

This recipe calls for halibut—line-caught from the Pacific Ocean is the most sustainable option. Can't find it? Swap in Pacific cod or U.S. farmed tilapia instead.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY BREANA KILLEEN

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Everything Bagel Chicken Tenders Salad

ACTIVE: 25 min **TOTAL:** 25 min

Using everything bagel spice is a quick way to season and add extra crunch to breadcrumbs for chicken tenders. If you can't find any pre-mixed, make your own by combining equal parts dried minced onion and garlic, poppy seeds, sesame seeds, salt and ground pepper.

- **2 tablespoons all-purpose flour**
- **1 large egg**
- **½ cup panko breadcrumbs, preferably whole-wheat**
- **1 tablespoon everything bagel seasoning**
- **1 pound chicken tenders**
- **¼ cup grapeseed *or* canola oil**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon white-wine vinegar**
- **1 teaspoon Dijon mustard**
- **1 teaspoon honey**
- **⅛ teaspoon ground pepper**
- **5 ounces mixed baby greens**

1. Place flour in a shallow dish and lightly beat egg in another shallow dish. Mix breadcrumbs and everything bagel seasoning in a third shallow dish. Dredge chicken tenders in flour, then egg, then breadcrumbs.

2. Heat grapeseed (or canola) oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until golden brown and an instant-read thermometer registers 165°F, about 7 minutes total, adjusting the heat as needed to prevent burning.

3. Whisk olive oil, vinegar, mustard, honey and pepper in a large bowl. Add greens and toss to coat. Serve the greens topped with the chicken.

SERVES 4: 3 oz. chicken & 2 cups salad each
CAL 394 / **FAT** 25G (SAT 3G) / **CHOL** 109MG / **CARBS** 14G / **TOTAL SUGARS** 2G (ADDED 1G) / **PROTEIN** 27G / **FIBER** 1G / **SODIUM** 402MG / **POTASSIUM** 337MG.

IN THE THICK OF IT
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For a kid-friendly riff on this dinner, serve the crispy tenders separately with Heinz Simply Ketchup for dipping. (Bonus: No artificial sweeteners!)

Scan here to see this recipe come together

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY DEVON O'BRIEN

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Pop Tops

As beaten eggs heat, steam releases, creating air pockets that make these quiches rise and puff up out of the muffin tin, like a soufflé. Be sure to grab the kids when you take the pan out of the oven so they can see the magic!

By Joy Howard

Herbed Ricotta Mini Quiches

ACTIVE: 25 min **TOTAL:** 55 min

Whole-wheat sandwich bread makes for a quiche crust that's easy for kids to cut and stuff into muffin tins. You can use the leftover bread scraps to make fresh breadcrumbs.

- **12 slices soft whole-wheat bread**
- **4 large eggs**
- **1 cup whole milk**
- **⅓ cup half-and-half**
- **3 tablespoons chopped fresh parsley**
- **2 tablespoons chopped fresh chives**
- **2 tablespoons chopped fresh dill**
- **½ teaspoon ground pepper**
- **¼ teaspoon kosher salt**
- **6 tablespoons whole-milk ricotta**
- **¼ teaspoon garlic powder**

1. Preheat oven to 350°F. Coat a muffin tin with cooking spray.

KIDS HELP **2.** Using a 4-inch biscuit cutter, cut a circle out of the center of each bread slice. Press each bread circle into a cup of the prepared muffin tin (reserve the remaining bread for another use). Bake until the bread is lightly toasted but not browned, about 7 minutes.

KIDS HELP **3.** Meanwhile, whisk eggs in a large bowl. Whisk in milk, half-and-half, parsley, chives, dill, pepper and salt. Divide the mixture among the bread cups. Mix ricotta and garlic powder in a small bowl and dollop 1½ teaspoons of the mixture onto each mini quiche.

4. Bake until browned and the filling is set, about 30 minutes. Let cool for 5 minutes before serving.

SERVES 6: 2 mini quiches each

CAL 226 / **FAT** 9G (SAT 4G) / **CHOL** 141MG / **CARBS** 22G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 3G / **SODIUM** 363MG / **POTASSIUM** 262MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); INSET: BRETT SIMISON

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Greek Salad with Edamame

ACTIVE: 20 min **TOTAL:** 20 min

Edamame adds vegetarian protein and vibrant color to the classic Greek salad. Serve with toasted pita brushed with olive oil and sprinkled with dried oregano or za'atar.

- ¼ cup red-wine vinegar
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 cups chopped romaine (about 2 romaine hearts)
- 16 ounces frozen shelled edamame (about 3 cups), thawed
- 1 cup halved cherry *or* grape tomatoes
- ½ European cucumber, sliced
- ½ cup crumbled feta cheese
- ¼ cup slivered fresh basil
- ¼ cup sliced Kalamata olives
- ¼ cup slivered red onion

Whisk vinegar, oil, salt and pepper in a large bowl. Add romaine, edamame, tomatoes, cucumber, feta, basil, olives and onion; toss to coat.

SERVES 4: 2¾ cups each

CAL 343 / **FAT** 23G (SAT 5G) / **CHOL** 17MG / **CARBS** 20G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 9G / **SODIUM** 486MG / **POTASSIUM** 908MG.

SOY, OH BOY!

Recent research has largely put to rest concerns about health risks from soybeans' estrogen-like compounds, isoflavones. In fact, studies have found that eating minimally processed soy foods (like edamame and tofu) may help protect against cardiovascular disease, osteoporosis and some cancers.

ERIN KUNKEL; STYLING: LILLIAN KANG (FOOD), NATASHA KOLENKO (PROPS); RECIPE BY CAROLYN MALCOUN

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FEELING SAUCY

The barbecue sauce aisle has expanded to include any flavor you can imagine—like sweet mustard and even Dr. Pepper—but a classic or "original" variety pairs best with the Parmesan couscous. Look for one that doesn't list an added sweetener as the first ingredient.

BBQ Shrimp with Garlicky Kale & Parmesan-Herb Couscous

ACTIVE: 20 min **TOTAL:** 20 min

In the U.S., dry whole-wheat couscous has been partially cooked, making it a quick-cooking (5 minutes!) whole-grain weeknight champ. And when you buy peeled shrimp, plus a bag of pre-chopped kale, the savings in prep time helps to get this dinner done in a jiff.

- **1 cup low-sodium chicken broth**
- **¼ teaspoon poultry seasoning**
- **⅔ cup whole-wheat couscous**
- **⅓ cup grated Parmesan cheese**
- **1 tablespoon butter**
- **3 tablespoons extra-virgin olive oil, divided**
- **8 cups chopped kale**
- **¼ cup water**
- **1 large clove garlic, smashed**
- **¼ teaspoon crushed red pepper**
- **¼ teaspoon salt**
- **1 pound peeled and deveined raw shrimp (26-30 per pound)**
- **¼ cup barbecue sauce *(see Tip)***

1. Combine broth and poultry seasoning in a medium saucepan over medium-high heat. Bring to a boil. Stir in couscous. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork, then stir in Parmesan and butter. Cover to keep warm.

2. Meanwhile, heat 1 tablespoon oil in large skillet over medium-high heat. Add kale and cook, stirring, until bright green, 1 to 2 minutes. Add water, cover and cook, stirring occasionally, until the kale is tender, about 3 minutes. Reduce heat to medium-low. Make a well in the center of the kale and add 1 tablespoon oil, garlic and crushed red pepper; cook, undisturbed, for 15 seconds, then stir the garlic oil into the kale and season with salt. Transfer to a bowl and cover to keep warm.

3. Add the remaining 1 tablespoon oil and shrimp to the pan. Cook, stirring, until the shrimp are pink and curled, about 2 minutes. Remove from heat and stir in barbecue sauce. Serve the shrimp with the kale and couscous.

SERVES 4: 3 oz. shrimp, 1 cup kale & ½ cup couscous each

CAL 414 / **FAT** 17G (SAT 5G) / **CHOL** 196MG / **CARBS** 36G / **TOTAL SUGARS** 7G (ADDED 4G) / **PROTEIN** 32G / **FIBER** 5G / **SODIUM** 606MG / **POTASSIUM** 566MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN; RECIPE BY BREANA KILLEEN

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STACK IT.
BUILD IT.
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MAKE IT SIZZLE

Keep Indian simmer sauces—such as tikka masala and Madras curry—in your pantry for a meal that's ready faster than you can order takeout. You can turn just about any vegetable or protein into a saucy dish like this one or brush the sauce on chicken or steak before it hits the grill.

Cauliflower Tikka Masala with Chickpeas

ACTIVE: 20 min **TOTAL:** 20 min

In this vegetarian riff on a popular Indian dish, we swap in cauliflower and chickpeas for chicken. The cauliflower's nooks and crannies are particularly good at soaking up all the intense flavors of the sauce. Serve over rice.

- **1 tablespoon coconut *or* canola oil**
- **4 cups cauliflower florets**
- **¼ teaspoon salt**
- **¼ cup water**
- **1 15-ounce can chickpeas, rinsed**
- **1½ cups tikka masala sauce *(see Tip)***
- **2 tablespoons butter**
- **Fresh cilantro for garnish**

Heat oil in a large skillet over medium-high heat. Add cauliflower and salt; cook, stirring occasionally, until lightly browned, about 2 minutes. Add water; cover and cook until the cauliflower is tender, 3 to 5 minutes. Add chickpeas and sauce; cook, stirring occasionally, until hot, 1 to 2 minutes. Remove from heat and stir in butter. Serve topped with cilantro, if desired.

SERVES 4: 1¼ cups each

CAL 268 / **FAT** 16G (SAT 9G) / **CHOL** 16MG / **CARBS** 26G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 7G / **SODIUM** 673MG / **POTASSIUM** 377MG.

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BLAINE MOATS; STYLING, KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN; RECIPE BY BREANA KILLEEN

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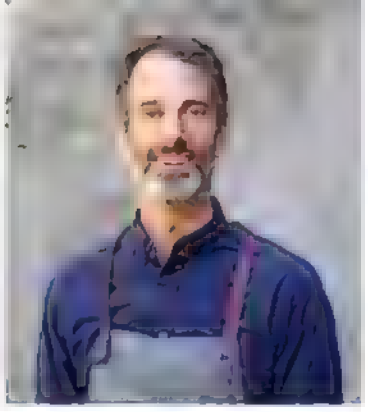

James Beard Award-winning chef **STEVEN SATTERFIELD** of Atlanta's Miller Union is known for showcasing seasonal produce from local farmers in simple preparations. This salad is one example of that ethos, and Satterfield says it's a hit whenever he offers a version of it on the lunch menu.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); INSET: HEIDI GELDHAUSER

Steak Salad with Charred Onion Vinaigrette & Garlic-Cumin Yogurt

ACTIVE: 55 min **TOTAL:** 55 min

Cap off grilling season with this robust salad. To make it faster, prep the yogurt and dry rub ahead of time. Then prep the ingredients for the vinaigrette while the grill preheats.

- **1½ teaspoons ground cumin, divided**
- **1¼ teaspoons ground pepper, divided**
- **1 teaspoon ground coriander**
- **1 teaspoon kosher salt, divided**
- **½ teaspoon paprika**
- **½ teaspoon crushed red pepper**
- **1 pound skirt *or* flank steak**
- **½ medium red onion, peeled, root end left intact**
- **½ teaspoon extra-virgin olive oil plus 3½ tablespoons, divided**
- **2 tablespoons red-wine vinegar**
- **½ teaspoon honey**
- **½ teaspoon whole-grain mustard**
- **1 cup low-fat plain Greek yogurt**
- **1 teaspoon lemon zest**
- **1 tablespoon lemon juice**
- **1 small clove garlic, grated**
- **1 head romaine lettuce, cut lengthwise into 4 wedges**
- **1 pint cherry tomatoes, halved**
- **2 mini cucumbers, diced**
- **1 tablespoon chopped fresh mint**
- **1 tablespoon chopped fresh chives**

1. Preheat grill to medium-high.

2. Combine 1 teaspoon each cumin and pepper with coriander, ½ teaspoon salt, paprika and crushed red pepper in a small bowl. Sprinkle on both sides of steak. Let stand at room temperature for 10 minutes.

3. Meanwhile, brush onion with ½ teaspoon oil. Grill the onion, turning once, until charred on both sides, about 20 minutes total. Transfer to a small bowl, cover with plastic wrap and let steam until completely soft, about 10 minutes. Trim the root end and finely chop the onion.

4. Whisk vinegar, honey, mustard and ¼ teaspoon salt with the remaining 3½ tablespoons oil and ¼ teaspoon pepper in a small bowl until smooth. Stir in the onion.

5. Grill the steak to desired doneness, 1 to 3 minutes per side for medium-rare. Transfer to a clean cutting board and let rest for 5 minutes before slicing.

6. Whisk yogurt, lemon zest, lemon juice and garlic with the remaining ½ teaspoon cumin and ¼ teaspoon salt in a medium bowl. Divide the yogurt mixture among 4 plates. Top each with a lettuce wedge, tomatoes, cucumber, mint, chives and some sliced steak. Drizzle each salad with the onion vinaigrette.

SERVES 4: 2 cups each

CAL 381 / **FAT** 21G (SAT 5G) / **CHOL** 76MG / **CARBS** 15G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 33G / **FIBER** 5G / **SODIUM** 594MG / **POTASSIUM** 1,114MG.

GRILL A SANDWICH

Divide the **spanakopita filling** *(below)* among 4 slices of **whole-wheat sandwich bread.** Top each with 1 slice of **provolone cheese** and another slice of bread. Cook the sandwiches, two at a time, in a large nonstick skillet with 1 Tbsp. **butter** and 1½ tsp. **extra-virgin olive oil** over medium heat until the bread is toasted and the cheese is melted.

PACK A PEPPER

Cut 2 large **red bell peppers** in half lengthwise. Remove seeds and rub with 1 Tbsp. **extra-virgin olive oil** and sprinkle with ¼ tsp. **salt.** Stuff with the **spanakopita filling** *(below)* and top each with 1 Tbsp. shredded **mozzarella cheese.** Bake at 400°F until hot, about 35 minutes.

Flexible Filling

Get all the flavors of Greek spinach pie (spanakopita) in a fraction of the time—no pastry layering required.

Spanakopita Filling Heat 1 Tbsp. **extra-virgin olive oil** in a large nonstick pan over medium-high heat. Add ¼ cup chopped **shallot** and cook, stirring often, until softened, about 1 minute. Add one 11-oz. package **baby spinach** in batches and cook, stirring, until wilted, 3 to 5 minutes. Stir in 2 tsp. each chopped **fresh dill** and **fresh parsley,** 1 clove grated **garlic** and ¼ tsp. **ground pepper.** Cook, stirring, for 1 minute. Transfer the mixture to a large bowl. Stir in ½ cup **part-skim ricotta cheese** and 6 Tbsp. crumbled **feta cheese.**

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MAKE IT A MELT

Divide the **spanakopita filling** *(opposite)* among 4 roasted **cauliflower steaks.** Top each steak with 2 Tbsp. shredded **smoked Cheddar cheese.** Broil until melted, about 2 minutes.

FILL A CALZONE

Quarter 1 lb. **whole-wheat pizza dough** and roll each piece into a 7-inch circle. Divide the **spanakopita filling** *(opposite)* among the circles and top each with 2 Tbsp. shredded **mozzarella cheese.** Fold and crimp the dough. Bake at 475°F until browned, about 15 minutes.

TOP TATERS

Cook 1 lb. **frozen shredded potatoes** in 2 Tbsp. **extra-virgin olive oil** into a rösti. Top with the **spanakopita filling** *(opposite)*.

Nutrition info on page 134.

PHOTO: BLAINE MOATS. RECIPES BY ADAM DOLGE

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BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPES BY CAROLYN MALCOUN, LISA KINGSLEY

Madeira-Roasted Mushrooms & Shallots

ACTIVE: 10 min **TOTAL:** 30 min

Madeira, a fortified wine from the Portuguese island of the same name, has a sweet, mellow flavor somewhat like sherry (which can be used as a substitute here).

- **1 pound mixed mushrooms, cut into 1-inch pieces**
- **2 cups thickly sliced shallots**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon chopped fresh thyme *or* 1 teaspoon dried**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **⅓ cup Madeira**

1. Place a large rimmed baking sheet on the center rack and preheat oven to 450°F.

2. Toss mushrooms and shallots in a large bowl with oil, thyme, salt and pepper. Spread on the hot baking sheet. Roast for 15 minutes.

3. Stir in Madeira and continue roasting until the vegetables are browned and the Madeira has evaporated, about 5 minutes more.

SERVES 4: ¾ cup each

CAL 178 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 21G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 4G / **SODIUM** 163MG / **POTASSIUM** 720MG.

Shaved Brussels Sprouts with Lemon-Chile Vinaigrette

ACTIVE: 30 min **TOTAL:** 30 min

Using the slicing blade of a food processor on Brussels sprouts quickly creates a big, fluffy pile of sprout ribbons, but you could use a mandoline or very thinly slice them by hand as well. Want an even bigger shortcut? Buy a bag of presliced sprouts.

- **1 teaspoon grated lemon zest**
- **2 tablespoons lemon juice**
- **1 tablespoon honey**
- **½ teaspoon crushed red pepper**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **¼ cup extra-virgin olive oil**
- **1¼ pounds Brussels sprouts, trimmed**
- **1 cup very thinly sliced red onion**
- **½ cup chopped hazelnuts, toasted**

1. Combine lemon zest, lemon juice, honey, crushed red pepper, salt and pepper in a large bowl. Whisking constantly, slowly drizzle in oil until combined.

2. Shred Brussels sprouts in a food processor fitted with the slicing disk. Transfer to the bowl with the dressing, along with onion and hazelnuts; gently toss to combine.

SERVES 6: 1⅓ cups each

CAL 201 / **FAT** 15G (SAT 2G) / **CHOL** 0MG / **CARBS** 14G / **TOTAL SUGARS** 6G (ADDED 3G) / **PROTEIN** 5G / **FIBER** 5G / **SODIUM** 216MG / **POTASSIUM** 436MG.

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Apple Sauce Savvy

Gone picking? Put those Fujis and Macs to use in these quick recipes Snack on classic applesauce or dollop it on top of pancakes, pair the relish with chicken or pork chops and serve the sweetened-up tomato sauce with burgers.

Easy Applesauce

ACTIVE: 5 min **TOTAL:** 25 min
TO MAKE AHEAD: Refrigerate for up to 5 days.
Cook 6 cups chopped **apples,** ½ cup **water,** 1 Tbsp. **brown sugar,** 1 tsp. **pumpkin pie spice** and a pinch of **salt** in a large saucepan over medium heat, stirring occasionally, until the apples are soft and the liquid has evaporated, about 12 minutes. Mash with a potato masher or puree in a food processor to the desired consistency.
SERVES 6: ½ cup each

Apple-Tomato Dipping Sauce

ACTIVE: 20 min **TOTAL:** 55 min
TO MAKE AHEAD: Refrigerate for up to 5 days.
Heat 1 Tbsp. **canola oil** in a large saucepan over medium heat. Add 1 large diced **shallot** and cook, stirring, until starting to brown, about 2 minutes. Add 1 Tbsp. **tomato paste,** 1 finely chopped **garlic** clove, ½ tsp. **salt,** ¼ tsp. **ground pepper** and ⅛ tsp. **ground cloves;** cook, stirring, for 30 seconds. Add 1 pound each coarsely chopped **apples** and **tomatoes,** ¼ cup **cider vinegar** and 1 Tbsp. **brown sugar.** Bring to a boil over high heat, then reduce heat to a simmer. Cook, stirring occasionally, until thickened, about 30 minutes. Let cool for 20 minutes, then puree in a food processor until smooth.
SERVES 20: 2 Tbsp. each

Apple-Onion Relish

ACTIVE: 10 min **TOTAL:** 10 min
Combine 1 finely diced **Granny Smith apple,** ¼ cup each finely chopped **red onion** and finely chopped toasted **walnuts,** 1 Tbsp. **walnut *or* extra-virgin olive oil,** 1 tsp. each **honey** and **lemon juice,** ½ tsp. finely chopped fresh **sage** and a pinch of **salt** in a bowl.
SERVES 6: ¼ cup each

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPES BY CAROLYN MALCOUN

Nutrition info on page 134.

Peanut Butter-Chocolate Chip Skillet Cookie

ACTIVE: 15 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Cover and store at room temperature for up to 2 days.
EQUIPMENT: 9-inch cast-iron skillet

Put down that cookie scoop! Baking one giant cookie in a skillet saves time and produces craveable results: a cookie that's crispy on the edges and oh-so-soft on the inside.

- **4 tablespoons (½ stick) unsalted butter, softened**
- **¼ cup canola oil**
- **¾ cup packed light brown sugar**
- **1 large egg**
- **2 teaspoons vanilla extract**
- **1¼ cups whole-wheat pastry flour**
- **1½ teaspoons baking powder**
- **½ teaspoon kosher salt**
- **½ cup rolled oats plus 2 tablespoons, divided**
- **¼ cup creamy natural peanut butter**
- **⅓ cup chopped bittersweet chocolate, divided**

1. Preheat oven to 325°F. Generously coat a 9-inch cast-iron skillet with cooking spray.

2. Beat butter, oil and brown sugar in a large bowl with an electric mixer on medium speed, scraping down the sides as necessary, until fluffy, about 4 minutes. Add egg and vanilla; beat until combined.

3. Whisk flour, baking powder and salt in a medium bowl until combined. With the mixer on low, gradually add the dry ingredients to the wet ingredients, beating just until combined. Beat in ½ cup oats.

4. Spread half the dough in the bottom of the prepared pan. Spread peanut butter over the dough. Sprinkle with half the chocolate. Drop the remaining dough by heaping tablespoonfuls over the peanut butter and spread in an even layer. Sprinkle with the remaining chocolate and 2 tablespoons oats.

5. Bake for 35 minutes. Cover loosely with foil and continue baking until golden brown, about 10 minutes more. Let cool for 15 minutes, then cut into 12 wedges.

SERVES 12: 1 wedge each
CAL 294 / **FAT** 14G (SAT 5G) / **CHOL** 26MG / **CARBS** 36G / **TOTAL SUGARS** 16G (ADDED 16G) / **PROTEIN** 5G / **FIBER** 3G / **SODIUM** 169MG / **POTASSIUM** 110MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY ANNA THEOKITSTO

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BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPES BY DEVON O'BRIEN

Garlic-Chile Marinated Olives

ACTIVE: 10 min **TOTAL:** 10 min
TO MAKE AHEAD: Refrigerate for up to 1 week. Bring to room temperature before serving.
Simply pour warm aromatic oil over the olives to infuse them with loads of flavor fast.

- **¼ cup extra-virgin olive oil**
- **2 cloves garlic, crushed**
- **3 2-inch strips lemon zest**
- **½ teaspoon crushed red pepper**
- **1 cup mixed olives, at room temperature, rinsed**

1. Combine oil, garlic, lemon zest and crushed red pepper in a small saucepan over medium-low heat. Cook, stirring occasionally, until the garlic begins to sizzle, 3 to 5 minutes.
2. Place olives in a serving bowl. Pour the warm oil over them.
SERVES 8: 2 Tbsp. olives each
CAL 94 / **FAT** 9G (SAT 1G) / **CHOL** 0MG / **CARBS** 1G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 0G / **FIBER** 1G / **SODIUM** 280MG / **POTASSIUM** 6MG.

Blackberry-Rosemary Gin & Soda

ACTIVE: 10 min **TOTAL:** 45 min
TO MAKE AHEAD: Refrigerate syrup (Step 1) for up to 1 week.
Blackberries give this drink its gorgeous hue and jammy flavor. Use the leftover simple syrup to mix up drinks for friends or skip the vodka for a mocktail.

- **1 cup blackberries, fresh *or* frozen**
- **1 sprig fresh rosemary, plus more for garnish**
- **¼ cup sugar**
- **½ cup water**
- **1½ ounces vodka**
- **½ ounce lime juice, plus lime slice for garnish**
- **Ice cubes**
- **2 ounces seltzer**

1. Set a fine-mesh strainer over a heatproof bowl. Muddle blackberries, rosemary and sugar in a small saucepan until almost smooth. Add water and bring to a simmer over medium-high heat. Cook, stirring occasionally, until fragrant and deep purple, about 5 minutes. Strain the mixture into the bowl, pressing on the solids to extract as much juice as possible. Refrigerate until cool, about 30 minutes.
2. Combine 1 ounce of the syrup, vodka and lime juice in a glass. Add ice and top with seltzer. Garnish with more rosemary and a lime slice, if desired.
SERVES 1: ⅔ cup
CAL 125 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 7G / **TOTAL SUGARS** 5G (ADDED 5G) / **PROTEIN** 0G / **FIBER** 0G / **SODIUM** 1MG / **POTASSIUM** 39MG.

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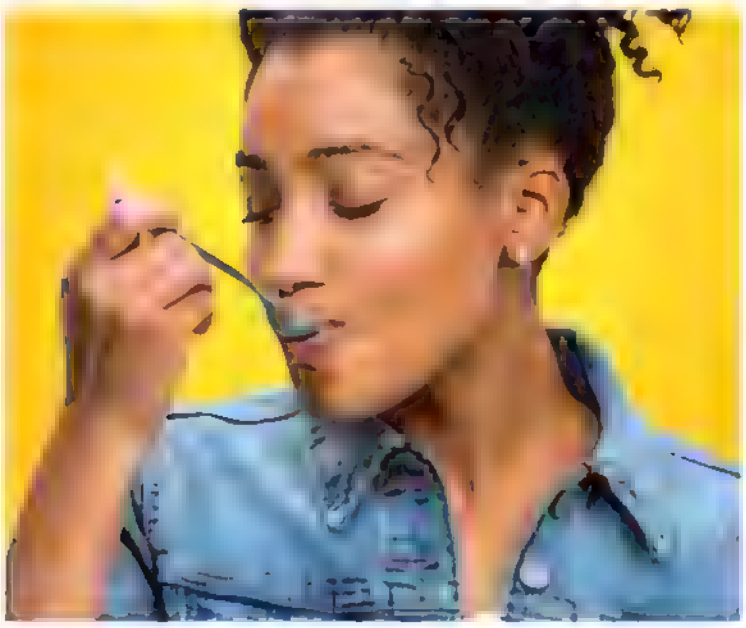

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GOOD LIFE

Amandine Pastourel is head sommelier at Chef Anne-Sophie Pic's Michelin-starred La Dame de Pic

Daniela Lavadenz owns and manages Le Saint Sébastien, a contemporary restaurant that's steadily gaining acclaim.

Fanny Herpin helmed Alain Ducasse's Allard bistro at 26 and is now sous-chef at 3-Michelin-starred restaurant Epicure at Le Bristol.

Anna Tratles (*left*) and Alice Quillet (*right*) are co-owners of and head chef and baker at 10 Belles bakery and café.

"*Oui*, Chef!"

PARIS IS THE BIRTHPLACE OF HAUTE CUISINE—BUT ALSO OF A CULINARY CULTURE THAT HAS LARGELY KEPT WOMEN OUT OF THE SPOTLIGHT. UNTIL NOW. BY EMILY MONACO

CONTRA AGENCY; PRODUCER: JILL OFFICER

The culinary importance of Paris is legendary.

But beneath the veneer of its Michelin-starred establishments is an industry that has long been exclusively male. The traditional kitchen hierarchy, called the brigade system, was created by the 19th-century French chef Auguste Escoffier, inspired by his military experience. The culture it engendered—ranging from tough to toxic—has remained virtually unchanged for more than 100 years and has been exported worldwide, influencing restaurants as much as (if not more than) French food has. It's easy to see why women trying to rise in the culinary world have faced challenges, but that's changing as global attitudes toward women evolve. We talk to some of the fierce chefs at the forefront of this progress in Paris.

What was it like coming up in this industry?

Herpin: I was truly the only girl in the kitchen. And when I was first hired, I'd hear jokes, or people talking behind my back.
Pastourel: Early on, I actually got denied a sommelier job. The owners wanted the only woman on the floor to be the hostess. They technically don't have the right to do that, of course. I was feeling good about my chances, but then during the interview, they said, 'Nope, not possible.'
Trattles: I started in London working under two male chefs, and there were definitely many more females in restaurant kitchens there than in France. It took quite a while for it to catch up here.
Quillet: Everything happens later in France.

Did it feel like a boys' club?

Pastourel: Yes. It helped that I was a bit of a tomboy growing up, but it was difficult being the young little thing in a kitchen filled with men. I felt apprehensive and had a fear over how things might go—am I going to come across men who think it's unacceptable for women to be in kitchens? Still, I always had the mentality that women can do whatever men can. If I had to carry crates, I carried crates. And I think that earned me respect.
Lavadenz: I felt like I had to do three times more work to prove myself. Every day I would go in three hours earlier than everyone else.
Herpin: Even if the work is not more difficult, it can feel *different*. At one big-name restaurant, during these hour-long, deep-cleans of the kitchen, I wasn't allowed to join the men. It was so bizarre. One day I picked up the brush and they were like, 'Oh, no, that's not your job.' I was a girl, so I couldn't scrub the stovetop. Instead I was told to organize the fridge.

Is the kitchen still gendered like that now?

Quillet: There's still an attitude that women are expected to behave like men, and if they want to get ahead, they just have to be one of the guys.
Lavadenz: I've heard of women ripping speakers out of the wall, knocking things over in the kitchen just to be heard. I've never had to do that. I've always talked like this, like I'm calmly talking right now, and it works.
Quillet: Delivery guys will come into the kitchen and go, 'All good, girls?' and then they look at the one man and say, 'How's it going, Chef?'
Pastourel: Yeah, I've had male clients who did not want to be served by me. When I was working in one cellar, a man came in wanting advice. I asked if I could help, and the first thing he said to me was, 'But you're a woman.'

How have you challenged this mentality?

Pastourel: I don't fight with people who are set in their ways. It's a waste of energy. If a man doesn't want my advice, I'll find a man to help him. And maybe he'll just get worse advice.
Trattles: I point out that just because there's a man in the kitchen doesn't mean that he's the boss. You should come to me—*I'm* the one who placed the order and *I'm* the boss.
Quillet: We had a male intern who made a joke about how girly pastry was and we were like, 'You're saying *girly* in a negative way.' He was surprised because he'd never been told that he couldn't say stuff like that. He realized that 10 Belles wasn't the kind of place where you could get away with those kinds of comments.

So what are the changes you've seen for female Parisian chefs?

Herpin: Before, most French women were cooking as housewives. But the position of women in society in general is evolving. Today, women have careers and families. Plus, they see that there are more and more women chefs. They see that Anne-Sophie Pic, for example, is Michelin-starred and they say, 'It's possible.'
Pastourel: And Pascaline Lepeltier won Best Sommelier in France last year. We're fortunate to now have great women showing what we can do—and shutting some people up, as well. These women are inspiring. I never imagined myself as the *chef sommelière* at a Michelin-starred restaurant at 28, but I'm very happy, because it means that all the work I've done has paid off, and even when I reach my goals, there's still more to achieve.
Trattles: And statistics show that half of the students at culinary schools in France are now female. So that's definitely a change.
Herpin: I also think that the belittling that still happens in the industry is accentuated by the environment. We work long hours and we still have that army structure: "Yes, Chef," and all that. But there's more awareness of this and conditions are improving.

How are you pushing this progress forward?

Herpin: When I was chef at Allard, I tried to really be available and listen to the young women, without getting overly personal. I know that when I see someone who's having a hard time, I try to help.
Pastourel: I'll always help a woman who wants to come work or get an internship. I'm not going to go find her and drag her up, but I'll always lend a hand.
Quillet: It's important for women to be outspoken about bad behavior, because the more that happens, the more things are going to change.
Lavadenz: Of course there are a lot of women at all restaurant levels who are speaking up—who want to be heard. I think you've met quite a few of us—and that's what's making the difference.

"We're fortunate to now have great women showing what we can do—and shutting some people up, as well."
—Amandine Pastourel

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3 MORE APPLE COMEBACKS

■ Native to Queens, NY, the piney, sweet-tart **Newtown Pippin** apple was popular in the 1800s. Yellow ones are still abundant but green ones are scarce. A few nurseries are working to bring them back.

■ Discovered in the northern California mountains in the 1890s, the **Sierra Beauty** apple has spice, herb and floral notes. Missing since the '20s, it re-emerged in 1980 at an Anderson Valley commercial orchard. This grower now sells limited batches.

■ The **Milwaukee** apple came on the scene as a local specialty in the 1890s, but had fallen out of favor, nearly to extinction. Now there are efforts to spread this citrusy-tart fruit in the Milwaukee area.

Vermont's Core Values

These hard-cider makers are foraging for forgotten apples—and crafting superior sips with their finds. **By Lucy M. Casale**

When Colin Davis (*above*) and David Dolginow discover a wild apple in Vermont's Champlain Valley, they name it for the place where it was found—like 'Blueberry Bitter' for Blueberry Hill in Ripton and 'Gill's Peach' for the Gill family's dairy farm in Cornwall. Davis and Dolginow are the co-founders of Shacksbury Cider, one of the current darlings of the craft-cider industry. They're also treasure hunters. Each fall, the duo and their team of 10 foragers travel all around the state by pickup truck (and sometimes bicycle) searching for apples that growers have long forsaken in gnarly, abandoned orchards, on roadsides and even in urban backyards. "Some taste like lemonade, some taste like strawberries and some like tropical fruit," Dolginow marvels.

They've dubbed the initiative the Lost Apple Project because these breeds of once-cultivated cider apples fell out of favor during Prohibition in the 1920s and '30s and were largely lost from modern agriculture, which tends to focus on just a handful of varieties. Their goal: rediscovering those older apples that bring an incredible diversity of flavors to Shacksbury's ciders. To date, the team has sampled apples from more than 1,000 different wild trees and selected 11 varieties to propagate through grafting. Davis grows some on his property, and three Vermont orchards and some home gardeners tend the others.

These fruits tend to be high in tannins—the bitter component also in black tea and red wine—giving the resulting ciders a winelike personality. Six of Shacksbury's dozen-plus rotating ciders are made with wild apples—Apple Hill, Lost and Found, Pét Nat, Deer Snacks, Twig Farm Cider and Momofuku (created exclusively for the Momofuku restaurant group). The Pét Nat, which Dolginow describes as "complex, yet fruity and approachable," is their annual fall release. Davis says the lost-apple ciders shine when matched with food. At Honey Road restaurant in Burlington, Vermont, the Deer Snacks cider goes great with chicken thighs in a preserved lemon and apricot sauce. And the restaurant Ssäm in New York City pairs Momofuku with an overnight-cured and slow-roasted pork shoulder.

"One thing that keeps us going—beyond our effort to see the Champlain Valley mature into being the Napa Valley of cider—is just connecting to these orchards that perhaps were once thriving," Dolginow says. That desire, for him, is what drives the thrill of the hunt.

PHOTOS: MICHAEL TALLMAN; INFO ABOUT RECOVERY OF ENDANGERED APPLES (TOP RIGHT) COURTESY OF SLOWFOODUSA.ORG

→ **APPLES: A TO Z** *Learn about all types of apples—including heirlooms—at eatingwell.com/apple*

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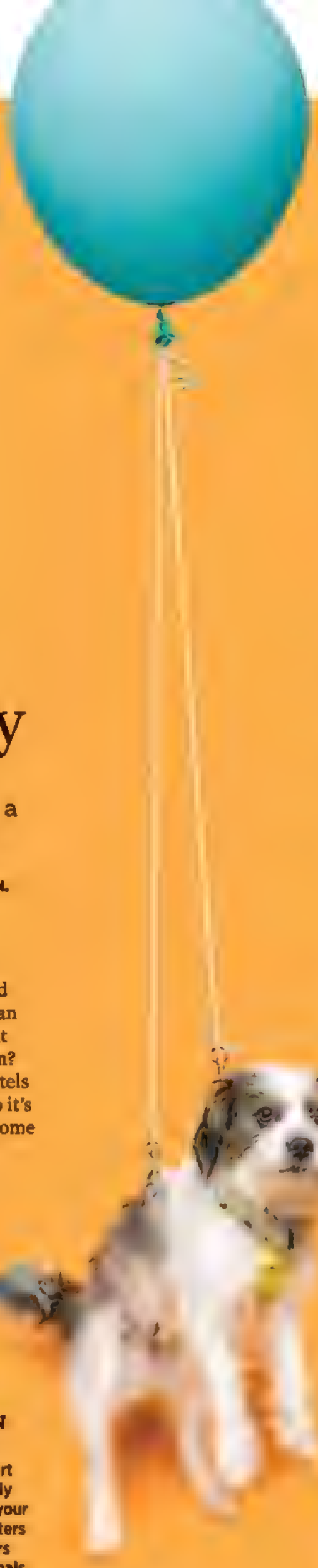

In Case of Emergency

5 steps to take to prepare for a disaster when you have pets

BY CAILIN HEINZE, V.M.D., M.S., D.A.C.V.N.
petfoodology.org

The news is frequently filled with stories of floods, fires, hurricanes and tornadoes. And while you may have an emergency plan for your family, what about the furry members of your clan? Relief organizations, shelters and hotels often only serve humans, not pets, so it's important to think ahead. Here are some preparations to have in place.

1 **Keep an emergency pet kit** *(see below)* in an easily accessible spot, such as where you stash important documents you'd want to grab in an emergency.

2 **Identify friends, family members, shelters and hotels** that welcome pets and are likely to be outside of the immediate evacuation area. If you can't take your pets, get a list of boarding facilities near where you plan to stay. Also, research nearby veterinarians in case one of your pets gets injured. Keep this list and printed directions in your emergency kit. (You may not be able to rely on GPS or the internet if the disaster is weather-related.)

3 **Arrange for a neighbor or friend** to grab your pet if you can't get home for some reason. Volunteer to return the favor.

4 **Microchip your pet.** This tiny chip is implanted under the skin, so even if she loses her collar, vets, shelters and rescues can scan for it to I.D. your pet if you get separated.

5 **Make sure your pet is crate- or carrier-trained.** If she's not, work on getting her comfortable in one before a disaster strikes. Loose pets can more easily get hurt or lost. Feed your pet in a crate until she will enter it readily.

WHAT TO PUT IN YOUR EMERGENCY PET SUPPLIES KIT

Start with these basics, kept in a rodent-proof, waterproof container. And for more info online, the Department of Homeland Security *(ready.gov/animals)* is a good source.

- **At least three days' worth of pet food** (up to 21 days if you're in a particularly disaster-prone area). To ensure it stays fresh, put a reminder on your calendar two months before the expiration date. If you haven't needed it by then, buy a new emergency supply and use up the old one.
- **Towels for cleaning, bedding or handling scared pets**
- **Medicines and medical records**
- **Water:** A day's supply is 1 ounce per pound for dogs under 50 pounds, and 1 gallon per day for larger dogs. Cats need ½ ounce per pound.
- **Litter and a litter box for cats**
- **Pet first-aid kit** including cotton bandages, bandage tape and antibiotic ointment.

HELP IS ON THE WAY

Posting a pet alert sticker in an easily visible window of your home tells firefighters or rescue workers that there are animals inside. Order one at *ASPCA.org*

IAN ROSS PETTIGREW/GETTY IMAGES

→ **Woof!** *Find more answers to your pet questions at eatingwell.com/pets*

Shred Your Cat's Expectations!

Delicious Shreds made with real meat or fish

Explore over 60 different wet varieties at Friskies.com/Wet

PURINA Friskies

FEED THEIR FANTASY

PURINA Your Pet, Our Passion.®

Slice of Heaven

With 75,000-plus pizzerias to explore in the U.S., narrowing it down to five standouts was going to be a challenge. So we put **Liz Barrett Foster**, former editor-in-chief of *PMQ Pizza Magazine*, on the case to find these spectacular spots that you probably haven't heard of yet.

1 PORTLAND, OREGON

Imagine a 1980s take on a 1950s pizza dive and you've got **Pizza Jerk**—complete with *Space Invaders* video game and checkered tablecloths. Chef-owner Tommy Habetz blends his Connecticut roots of simple hearth-baked thin-crusts with Portland's fresh, seasonal ingredients. Creations include the Lovely Linda, made with fennel, mushrooms and Kalamata olives, and It's Always Sunny in Cully, topped with pepperoni, pineapple, peppers, basil and honey. (Hey, it's worth indulging a little when you're traveling!) Plus, Habetz seeks out local producers of flour, hot sauce, honey and beer. Pizzas $20-$29; *pizzajerkpdx.com*

2 CHICAGO, ILLINOIS

Almost every carefully selected ingredient at **Spacca Napoli Pizzeria** has a story behind it, collected by owner Jonathan Goldsmith over 30 years of trips to Italy. As a result, you get pizzas like the Bianca Regina, featuring the craft Italian cheeses mozzarella di bufala, ricotta di bufala and caciotta di pecora, or a *pistacchio* pie, made with fior di latte, sausage, crema di pistacchio and basil. Spacca's Neapolitan-style pizza dough is given a long rise and a gentle touch that produces an incredibly light and airy crust. Pizzas $12-$18; *spaccanapolipizzeria.com*

3 ADDISON, TEXAS

Creativity is off the charts at **Zoli's NY Pizza**. Resident pizza king Lee Hunzinger draws from pop culture, memories of his youth in New York City and his just-outside-Dallas location to create pizzas like Meat Fight, topped with house-smoked brisket, double pepperoni, jalapeños, caramelized onions and house-made barbecue sauce. For brunch, try the Morning Joe, made with mozzarella, smoked salmon, dill cream, sliced tomato and shaved red onion on an everything-bagel crust. Pizzas $14-$21; *zolispizza.com*

4 LIHUE, HAWAII

The kitchen at **Pietro's Pizza** serves authentic Neapolitan-style pizzas (certified by an Italian organization dedicated to preserving this pizza style). It features Italian favorites, such as the Tartufo Rosso Pietro, topped with red pesto-truffle sauce, whole-milk mozzarella, Parmigiano-Reggiano and pepperoni, and local flavors, such as the Don Ho, finished with Hawaiian Portuguese sausage and Kalua pork. Pizzas $18-$28, slices $3.25-$3.50; *pietroskauai.com*

5 PORTLAND, MAINE

Slab Sicilian Street Food's patio evokes a true slice of southern Italy, with shade trees overhead and music calling passersby from bustling Congress Street. Named for its thick, square Sicilian-style pies, this restaurant has a refined yet casual menu. The huge hunks of pillowy, crunchy pizza are topped sparingly, allowing the flavors of hand-mixed dough (basically unheard of in the U.S. pizza industry), fresh Maine tomatoes, mozzarella and provolone to shine through. Hand slab (1-lb. piece) $6.50, full slab (8 pieces) $50; *slabportland.com*

→ **DIY PIE** *Get homemade pizza recipes at eatingwell.com/pizza*

SUE O'BRYAN

FOR ADULTS WITH UNCONTROLLED MODERATE-TO-SEVERE **ECZEMA** (ATOPIC DERMATITIS)

HELP HEAL YOUR SKIN FROM WITHIN

DUPIXENT, the first eczema treatment of its kind, is not a steroid. It is a biologic treatment that helps manage the inflammation deep beneath the surface that causes the flare-ups you see and feel on your skin—and keeps working, even when your skin looks clear.

In Two Clinical Trials with Adults Taking DUPIXENT*

- Nearly half of patients saw **75%** skin improvement and some even saw **90%** improvement
- Almost 4 times more patients taking DUPIXENT saw clear or almost clear skin as compared with those not taking DUPIXENT —37% taking DUPIXENT as compared with 10% not taking DUPIXENT
- Patients experienced significant itch reduction, some patients as early as 2 weeks

*16-week trials compared to placebo

DUPIXENT®
(dupilumab) Injection
200mg · 300mg

Learn more. Talk to your eczema specialist. Visit DUPIXENT.com, or call 1-844-DUPIXENT (1-844-387-4936).

DUPIXENT is a prescription medicine used to treat people 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects include injection site reaction, eye and eyelid inflammation, including redness, swelling and itching, pain in the throat (oropharyngeal pain) and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. DUPIXENT is given as an injection under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In adolescents 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

Please see accompanying Brief Summary on next page.

SANOFI GENZYME REGENERON

You may be eligible for a $0 copay† for DUPIXENT.
†Limitations apply. Visit DUPIXENT.com for full program terms.

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?
- DUPIXENT is a prescription medicine used:
  - to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
  - with other asthma medicines for the **maintenance treatment of moderate-to-severe asthma** in people aged 12 years and older whose asthma is not controlled with their current asthma medicines. DUPIXENT helps prevent severe asthma attacks (exacerbations) and can improve your breathing. DUPIXENT may also help reduce the amount of oral corticosteroids you need while preventing severe asthma attacks and improving your breathing.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis and asthma.
- DUPIXENT is not used to treat sudden breathing problems
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.
- It is not known if DUPIXENT is safe and effective in children with asthma under 12 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems (if you also have atopic dermatitis)
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

  Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby's health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?
- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In adolescents 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** If you have atopic dermatitis, tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.
- **Inflammation in your blood vessels:** Rarely, this can happen in people with asthma who receive DUPIXENT. This may happen in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered. It is not known whether this is caused by DUPIXENT. Tell your healthcare provider right away if you have: rash, shortness of breath, persistent fever, chest pain, or a feeling of pins and needles or numbness of your arms or legs.

The most common side effects of DUPIXENT include: injection site reactions, pain in the throat (oropharyngeal pain) and cold sores in your mouth or on your lips. Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a summary of the most important information about DUPIXENT. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)
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Issue Date: March 2019

Dear Emma, I Totally Phoned in This PB&J

Lunchbox note scribblings from a pre-latte, not-yet-lucid and sometimes desperate parent. **By Shaun Dreisbach**

fun fact: Every time you *forget* to eat your salad, a fairy dies. ☹

I HIT SNOOZE 7 TIMES. ENJOY THE POP-TARTS!

When will someone make ME lunch?

YOU MAY THINK THAT ALL I PACKED YOU WAS A DUMB JAR OF OLIVES AND A HANDFUL OF TOMATOES I GRABBED FROM THE GARDEN, BUT I WAS THINKING MEDITERRANEAN DIET!

OK OK, I know that Isabel always has these amazing lunches and that you're going to be tempted to trade your thermos of lentil soup and "gently aged" pear for her bento box of impeccably arranged sushi, veggies cut into flower shapes & homemade 100% fruit-juice-sweetened cookies. I guess what I'm trying to say is— go ahead.

That round thing is called a spoon. Use it.
...
Also, sleeves are not napkins.

Please stop yanking all the tomatoes and lettuce out of your sandwiches.
-The Management

IF YOU TOSS THIS LUNCH AND BUY THREE PUDDINGS INSTEAD, I'LL KNOW.
OO

Enclosed is a butter knife— YOU cut the crusts off.

KATIE LUKES

SPREADABLE CHEESE.
ELEVATED FLAVOR.
NATURALLY!

Oscar Mayer

NO ARTIFICIAL INGREDIENTS, 10G OF PROTEIN*

GOOD HEALTH

"I am more in step with the landscape of sand, slick rock and river bottoms than I ever felt in civilization."
—Morgan Sloores
at Grande Staircase-Escalante
National Monument

JAY KOLSCH

Blaze a Trail

HOW TO MAKE THE LEAP FROM PREDICTABLE PAVEMENT AND TREADMILLS TO EXCITING, WILD TERRAIN. BY AMANDA LOUDIN

Want to take your usual jog to a whole new level? Head to the trails and get a healthy dose of nature at the same time. A review of studies published in *Environmental Research* revealed that spending more time outdoors can reduce the risk of type 2 diabetes, heart disease and high blood pressure. "Exposure to green space had benefits for measures associated with stress—things like blood pressure, the hormone cortisol and heart rate," says study co-author Andy Jones, Ph.D. "Humans are not hardwired to live in dense, urban environments as we do now, so being in a natural space may be more relaxing." Prep your body for wilderness running with these moves from Ryan Smith, D.P.T.

- **Single-leg deadlifts and squats** build balance and stability—key for preventing ankle or other injuries on uneven terrain.
- **Calf raises** are important because these muscles get taxed more on the ups and downs of a trail.
- **Hops, jumps and lateral moves like skater lunges** get you comfortable skipping over obstacles and strengthen supporting muscles in your legs and core that you don't use on a typical run.

Sloths have the slowest metabolism of all mammals—as much as 1.5 times pokier than the average human's.

Source: University of Wisconsin

RANDAL FORD

WHAT YOU NEED TO KNOW

Metabolism

Like height or eye color, metabolism is genetic and there's not much you can do about it, right? Not so fast.
By Hilary Achauer

First of all, what *is* metabolism?
Many of us only have a vague concept of metabolism. Turns out (spoiler!), there's more to it than simply how much food you can eat without gaining weight. Scientifically, metabolism refers to all of the chemical reactions that happen within your body—processes like breathing, muscle functioning, building and maintaining bones, digesting food and turning it into energy, and even thinking. All of this requires energy—aka calories—so we measure metabolism as the number of calories used to keep the engine going.

Do some people naturally have a faster metabolism than others?
Yes, some people's engines use more energy (what we call a fast metabolism) than others. You and a friend may be the same age and size, but she can indulge in a nightly scoop of ice cream and never gain weight, while the same habit would send the scale trending upward for you.

One factor may be your resting metabolic rate (RMR), which is the amount of calories your body uses just existing (sleeping, breathing). Surprisingly, this accounts for about 65 to 70% of the energy you burn in a day. The rest is energy used for physical activity and to break down the food you eat. And RMR can vary widely from person to person: one study of adults found that RMR ranged from 1,027 to nearly 2,500 calories per day. Researchers don't know exactly what's behind these differences, but how much lean muscle you have (as opposed to body fat) appears to play a large role because muscle and fat have different energy requirements (more on that in a minute). Other factors appear to be genetics, age and size (a taller body uses more energy than a petite one, for example).

How do I find out how fast mine is?
Dina Metti, M.S., who teaches nutrition at San Diego State University, recommends the Mifflin-St. Jeor formula, which uses your weight, height and age to find your RMR. There are calculators online that do the math for you. Your RMR is your baseline metabolism. From there, you can add in your activity level to get an idea of the number of calories you require each day, so you know how many you need to eat to lose, gain or maintain your body weight. Some fitness centers also offer handheld metabolism-measuring devices, but Metti says skip them: they can be pricy, and an online calculator is just as accurate—and free.

Can I increase my metabolism?
Yes—to a point—with strength training. A review published in *Current Sports Medicine Reports* found that, on average, lifting weights increases RMR by about 7%, or an average of about 100 calories a day. This is because even at rest, muscle uses more energy than fat, burning about three times more calories—an estimated 6 calories per pound per day versus 2 for fat. Sure, 100 calories isn't huge, but it can make a difference for your weight over time. Think of strength training as one of the best ways to optimize the metabolism you were born with.

Hover your phone's camera over this smart code for an RMR calculator.

SWEET RAISINS

CRUNCHY BRAN FLAKES

PLOT TWIST

WE ADDED BANANA SLICES

DID YOU KNOW?

ADHD, allergies and asthma may be linked. People with asthma are 50% more likely to have ADHD than the average person.

Source: The Lancet Psychiatry

Attention, Please

Attention deficit hyperactivity disorder (ADHD) impacts an estimated 8% of U.S. adults and 11% of kids, causing difficulty concentrating, irritability, impulsivity and frenzied behavior. Medication is still the standard of care, but lifestyle tweaks can help ease symptoms. **By Sunny Sea Gold**

CHECK FOR ADDITIVES

"It's been hard for some doctors to believe that food can make a difference in something as difficult to treat as ADHD," says Joel Nigg, Ph.D., a professor of psychiatry at Oregon Health & Science University and author of *Getting Ahead of ADHD*. "But certain additives are associated with more severe symptoms in some people." Artificial colorings (like FD&C Red No. 40 and FD&C Yellow No. 6) appear to be the most problematic. A review of 24 studies conducted by Nigg and his team concluded that the influence of food dyes was small, but significant. Other evidence implicates the preservative sodium benzoate too. "The evidence does not prove causality, but it's ample reason for concern and caution," adds David Katz, M.D., M.P.H., an *EatingWell* advisory board member. Avoiding these ingredients may not help everyone, but it's worth trying. Nigg says, "Here's my analogy: If a person walks into a room and sneezes, everyone won't catch a cold, but some will. In the same way, additives don't make everyone's symptoms worse, but there's about a 25% chance that eliminating them will have an effect." In addition to reading labels, try generally limiting processed foods. Research supports that an overall healthy diet is linked to lower rates of ADHD in kids.

MOVE YOUR BODY

"There's overwhelming evidence that exercise helps increase attention, mood and brain health overall," says Nigg. Most of the research has been done with children, but a review published in the *Journal of Neural Transmission* found that, in a handful of studies on adults, cardio workouts improved attention and reduced impulsivity. The researchers suggest that exercise may boost brain chemicals—like dopamine and BDNF—that are typically lower in people with ADHD.

SLEEP WELL

More than 80% of adults with ADHD report that they have trouble sleeping, according to a 2017 study. Winding down at night is especially difficult, says sleep specialist and clinical psychologist Michael Breus, Ph.D., so try making your "power-down hour" (his term for the general sleep advice to lower the lights and do something relaxing before bed) more like 90 minutes. Another strategy: Try a light-therapy lamp. Evidence suggests that using one in the mornings during fall and winter helps adults with ADHD reset their circadian rhythms and feel tired earlier in the evenings. "In many ADHD patients, once a healthy sleep schedule has been established, their symptoms can reduce dramatically," he says.

CONSIDER SUPPLEMENTS

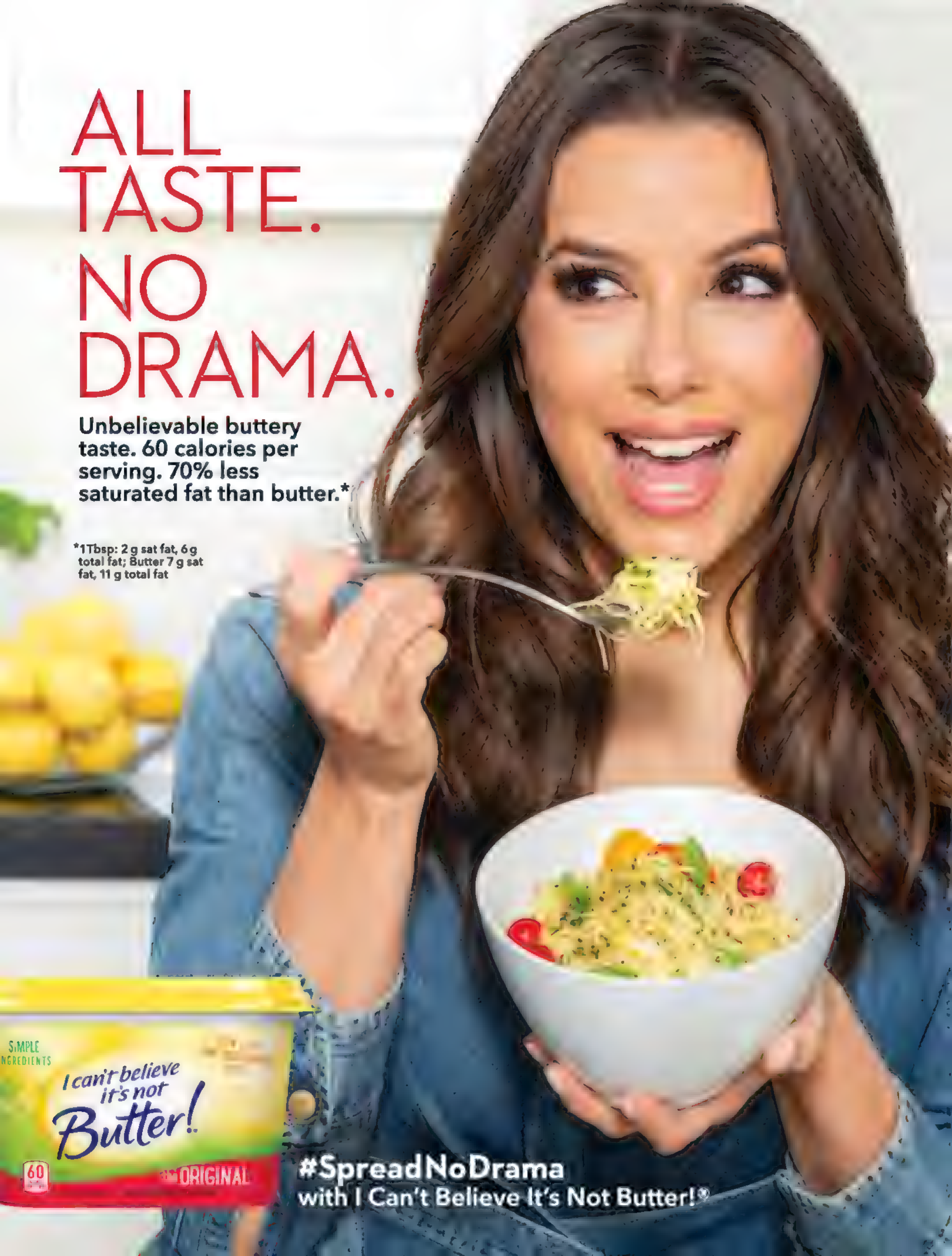
Some experts are excited about "broad-spectrum micronutrients," high-dose combos of minerals and vitamins including niacin, selenium and chromium. A study in the *Journal of Child Psychology and Psychiatry* found that a third of kids taking these supplements saw their attention improve, and a few studies show benefits in adults too. Ask your doctor if this treatment is right for you.

ILLUSTRATION BY NOMOCO

ALL TASTE. NO DRAMA.

Unbelievable buttery taste. 60 calories per serving. 70% less saturated fat than butter.*

*1Tbsp: 2 g sat fat, 6 g total fat; Butter 7 g sat fat, 11 g total fat



#SpreadNoDrama
with I Can't Believe It's Not Butter!®

What Are Emulsifiers?

And are they bad for me?

By Julie Stewart

Shake it as much as you want, but oil and vinegar (which is mostly water) won't combine.
Here's how it looks when you add an emulsifier.

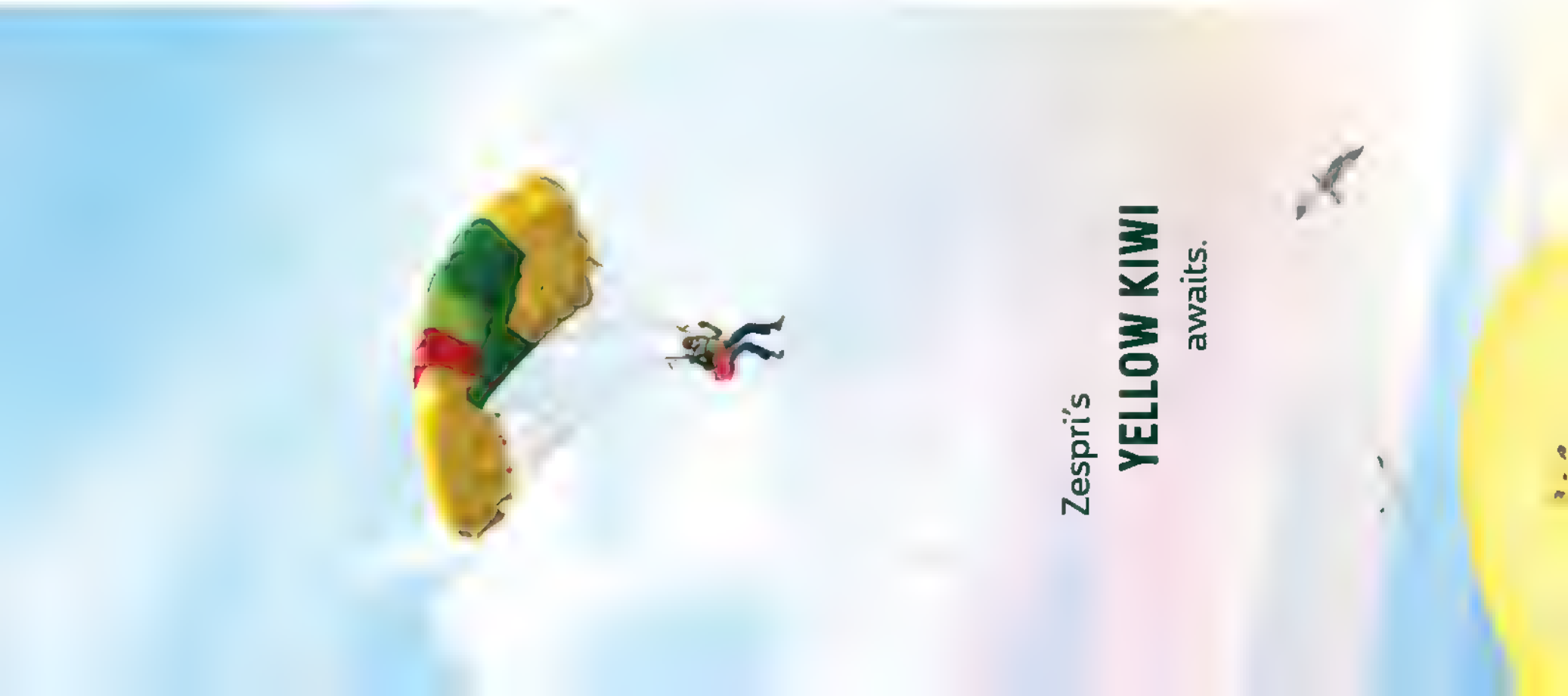
Soy lecithin, carrageenan, mono- and diglycerides, acacia gum, carboxymethylcellulose and polysorbate 80—these weird-sounding ingredients are all emulsifiers. In the same way that mustard is used to prevent a homemade vinaigrette from separating, these ingredients help stabilize foods made with oil and water, which famously don't mix. They're found in all sorts of products, like bottled dressings and shelf-stable frostings. Emulsifiers also help foods like cookies and crackers maintain a light, tender texture by keeping oil and water bound together so the fat is uniformly distributed. These ingredients prevent ice crystals from forming in frozen foods like ice cream, as well.

While emulsifiers are used in small amounts, they're such a common ingredient in packaged foods that they tend to add up in most Americans' diets. Fortunately, research suggests that most of these emulsifiers are generally safe. In fact, preliminary research suggests that some of the natural ones could even have health benefits: Soy lecithin and guar gum may lower cholesterol levels, and several studies have linked acacia (aka gum arabic) and xanthan gums with improvements in insulin function among people with type 2 diabetes. Acacia also appears to act as a prebiotic, feeding the beneficial bacteria in the gut.

A few of these additives, however, have gotten a bad rap. A study at Georgia State University found that two synthetic emulsifiers, polysorbate 80 and carboxymethylcellulose, can disrupt the microbiome of mice—although they were given about four times as much of each as the average human eats in a day. Studies have also suggested that carrageenan (derived from seaweed) can worsen gastrointestinal inflammation. But much of the research has been done in animals, and negative effects have only been found when inflammatory bowel disease (like Crohn's disease or ulcerative colitis) already exists.

BOTTOM LINE: If you have a history of GI issues, you may want to avoid specific emulsifiers (namely polysorbate 80, carboxymethylcellulose and carrageenan). But otherwise, you don't need to worry.

CAITLIN BENSEL



SWEETER than its fuzzy
green mates.

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YOUR GROCERY GRIND,

Journey to SunGold
for a flavor that's divine.

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Let Your Taste Wander.

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Cheesecake

THE REASON EVERYONE SAVES ROOM FOR DESSERT

RASPBERRY-LEMON CHEESECAKE BARS

Prep Time: 15 min. | **Total Time:** 6 hours 5 min. (incl. refrigerating) | **Makes:** 18 servings

WHAT YOU NEED

2 cups graham cracker crumbs
1 cup plus 2 Tbsp. sugar, divided
6 Tbsp. butter, melted
3 cups (12 oz.) raspberries, divided
1 Tbsp. each zest and juice from 1 lemon
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
4 eggs

MAKE IT

HEAT oven to 325°F.
LINE 13x9-inch pan with foil, with ends of foil extending over sides. Combine graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.
RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later use.
BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.
BAKE 35 to 40 min. or until center is almost set. Cool completely.
REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest.
Use foil handles to remove cheesecake from pan before cutting into bars.

PERFECT *Cheesecake* IS MADE WITH

©2019 Kraft Foods

WHEN YOU JUST DON'T HAVE TIME

GOOD. FOOD. FAST.

Out-of-This-World Waffles

Dressing up frozen waffles is as easy as spread or sprinkle. Start with a few of our favorite topping combos *(shown here)* or get creative with your own—sweet or savory. Scooch over, syrup! **By Joyce Hendley**

FROM TOP LEFT:

Cream Cheese + Plums + Granola

Bacon + Fried Egg + Chives

Nut Butter + Banana + Mini Chocolate Chips

Sautéed Spinach + Tomato + Feta Cheese

MAREN CARUSO, STYLING ALICIA DEAL (FOOD), PRODUCER JENNIFER THOMAS PRODUCTIONS, TOPPINGS ADAM DOLGE

Pop Goes the Waffle

Waffles aren't just for weekends, thanks to all the toaster-ready choices in the freezer case. The options range from classic "homestyle" to ones that tout being high-protein, high-fiber or even gluten-free and vegan. We compared nutrition labels and taste-tested more than 20 varieties. Here's what to shop for, plus a list of our faves.

GET YOUR GRAINS

Check the ingredient list to make sure the first flour listed has a whole grain, like whole-wheat or brown rice flour. And remember that "enriched," "unbleached" or "wheat" flours are all healthy-sounding ways to say "white flour." In a hurry? Be wary of promises on the package, terms like "multigrain" or "ancient grain," don't guarantee any whole grains. (See "Now with 100% Confusion" on page 116 for more.)

FAVOR FIBER

Choosing a waffle with a fair amount of fiber makes the meal more satisfying and helps you reach that goal of 25 to 30 grams per day, so opt for those that deliver at least 2 grams of fiber per serving. To get more into the meal, add fiber-rich toppings like berries.

SKIP SUPERFLUOUS SUGARS

Finding waffles with the least amount of sugar is a good move healthwise, and it gives you the most versatility to switch up between sweet or savory meals. (We're thinking chicken-and-gravy-topped waffles for dinner and maple-yogurt-and-berry-topped ones for breakfast.) Look for brands with no more than 6 grams of sugar per serving (2 waffles).

NUMBERS TO LOOK FOR

Sugar ≤6 g
Fiber ≥2 g

Hold your phone's camera over this smart code to see how to make a delicious breakfast sandwich with frozen waffles.

EDITORS' PICKS

Kodiak Cakes Power Waffles Cinnamon
Crisp on the outside, tender on the inside, this delightfully spiced-up option comes with a bonus 12 grams of protein from added wheat and whey protein.

Nature's Path Flax Plus Waffles
This choice has the most fiber of all our picks with 5 grams from whole wheat and flaxseeds, which also add delicious nutty flavor.

Nature's Path Chia Plus Waffles
Quinoa and amaranth flours team up with chia to boost the fiber in this crispy gluten-free waffle. It's lightly sweet, and no one in the blind tasting guessed it was GF. Looking for more flavor? The Pumpkin Spice variety is sure to get you in the fall spirit.

Kellogg's Eggo Nutri-Grain Whole Grain Waffles
This whole-wheat favorite for crunch-lovers is the perfect canvas for any toppings. Cutting back on sugar? One serving only has 2 grams.

Kashi Golden Goodness Waffles
A roster of spices—cinnamon, ginger and turmeric—combined with sweet potato and chickpea and quinoa flours, make these aptly named "golden" waffles a unique pick. We also loved the "Berry Bliss" flavor, which (like these) are gluten-free.

MAREN CARUSO, STYLING ALICIA DEAL (FOOD), PRODUCER JENNIFER THOMAS PRODUCTIONS, INSETS AARON KIRK

Feel Good Food

Cascadian Farm creates delicious, organic cereal and granola that's as good for the planet as it is tasty for you.

VIBRANT COLORS FROM ORGANIC PURPLE CARROTS

WHOLE GRAIN OATS

OATS are a delicious source of organic whole grains, and a crop that helps keep farmers' soil in place during heavy rain.

BLUEBERRIES & CRANBERRIES

ORGANIC DRIED FRUIT is packed with flavor and fiber. And did you know that berry crops support native bee populations?

ORGANIC ALMONDS

NUTS are a satisfying snack for you, and during pollination, almond flowers are food for bees!

VISIT
CASCADIANFARM.COM

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Bowled Over

For a quick meal, you can't beat the ease of a ready-made bowl. Opt for ones with vegetables high on the ingredient list, and watch the sodium. Our goal: 750 mg or less. We scoured the store and found these tasty, healthy standouts.

Healthy Hack
Stir in a handful of baby spinach leaves for color.
Healthy Hack
Add some crunch with shredded carrots & chopped almonds.
Healthy Hack
Serve with coleslaw mix tossed with vinegar.

CHEESY COMFORT, LESS SALT

Amy's Mexican Casserole Bowl, Light in Sodium

380 calories per 9.5-oz. bowl

With savory layers of organic corn masa, black beans, tomatoes, corn, olives and Monterey Jack, you'll never notice that there's only 380 mg of sodium. And, with 12 grams of protein, it's a satisfying way to go meatless.

PIQUANT PROTEIN

Wildscape Chimichurri Chicken

450 calories per 11.5-oz. bowl

Aji amarillo chiles, cilantro and almonds give this barley, chicken and potato combo a complex flavor, while 23 grams of protein and 17 grams of fiber add staying power.

BBQ FIX

Healthy Choice Power Bowls Sweet & Zesty BBQ Pork

350 calories per 9.5-oz. bowl

Chunks of lean pork loin in a tangy barbecue sauce are rounded out with a rainbow of rice and quinoa with pinto beans, sweet potatoes, chard, kale and corn.

FAVORITE FRESH

Trader Joe's Banh Mi Inspired Noodle Bowl

370 calories per 10-oz. bowl

Like the Vietnamese sandwich it's based on, this bowl is filled with fresh herbs and crunchy vegetables—and swaps out the traditional pork for meaty Sriracha-coated baked tofu. **Healthy hack:** Boost the serving size by mixing in some spiralized vegetables.

FIBER FORWARD

Luvo Quinoa & Veggie Enchilada Verde

290 calories per 9.5-oz. bowl

We love that Luvo's frozen entrees load in flavor while going easy on salt (350 mg). In this hearty Tex-Mex bowl, quinoa and black beans bump the fiber to 16 grams—more than half your daily goal. **Healthy hack:** Top with chopped tomatoes and sliced avocado.

FRESH + FLAVOR-PACKED

Mann's Nourish Bowls Cauli-Rice Curry

260 calories per 11-oz. bowl

Using fresh crunchy cauliflower instead of rice keeps carbs moderate (just 30 grams) and the green (young) chickpeas and slightly spicy curry sauce keep things interesting. **Healthy hack:** Amp up the deliciousness (and protein) by topping with a fried or hard-boiled egg.

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS

Cool for School

Toss them in a lunchbox or bring them along when it's your turn to provide after-game munchies. You can't go wrong with these kid-approved snacks that pack big flavor with nutritious perks.

Mamma Chia Chia Squeeze
These pouches are filled with a blend of fruit juices, fruit and vegetable purees and chia seeds for a great source of omega-3s, plus healthy fiber and some fun squeezing!

Chia Pod Dark Cacao
Here's a chocolaty almond-milk pudding cup with benefits: 3,000 mg of heart-healthy omega-3 fatty acids (more than a serving of salmon!), plus plenty of fiber from chia seeds.

Goldfish Colors Cheddar Baked with Whole Grain
Goldfish crackers have amped up kid and parent appeal with this whole-wheat variety that has bright colors derived from plants, such as turmeric, beet and watermelon.

Sabra Snackers Guacamole with Tostitos
Rolled tortilla chips (like mini taquitos!) are paired with a perfectly portioned cup of lime- and cilantro-loaded guac.

From the Ground Up Butternut Squash Pretzels
Cassava, squash and cauliflower flours turn into crunchy, not-too-salty twists. And this dippable snack delivers a full vegetable serving in each single-serve package.

Bobo's Stuff'd Oat Bites Peanut Butter & Jelly
Hidden inside each soft, muffin-like oatmeal cup is a bit of fruity jam. It all feels like a treat, but the 2 grams of fiber and 3 grams of protein give it substance.

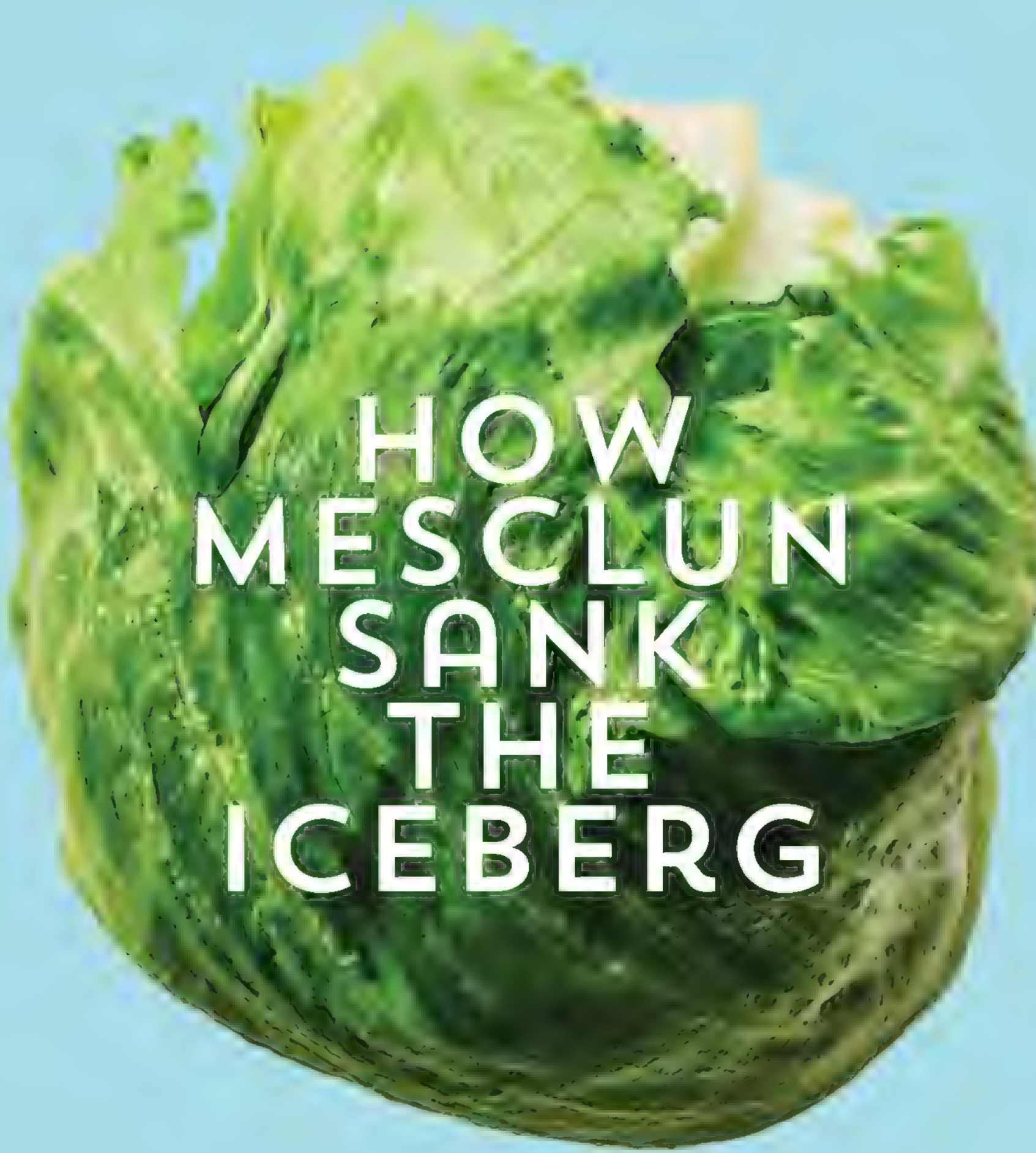
Crazy Richard's Wholly Rollies Cinnamon-Oatmeal
These chewy peanut-butter-oat-date protein balls will remind you of oatmeal cookie dough, minus the added sugars.

Rhythm Superfoods Organic Carrot Sticks—Ranch
Real carrot sticks are dehydrated and sprinkled with a tangy ranch dressing seasoning for a fiber-packed (10 grams) crunchy snack.

Somersaults Sunflower Seed Crunchy Bites—Sea Salt
These crunchy nuggets, made with sunflower and sesame seeds, deliver as much protein as an egg! Bonus: they're entirely nut-free.

Sun-Maid Sour Raisin Snacks
These golden raisins taste like sour gummy candy, but without the added sugar. Available in strawberry, grape, mixed berry and watermelon, they're extra-tasty thanks to natural flavors and vegetable juice.

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS



HOW MESCLUN SANK THE ICEBERG

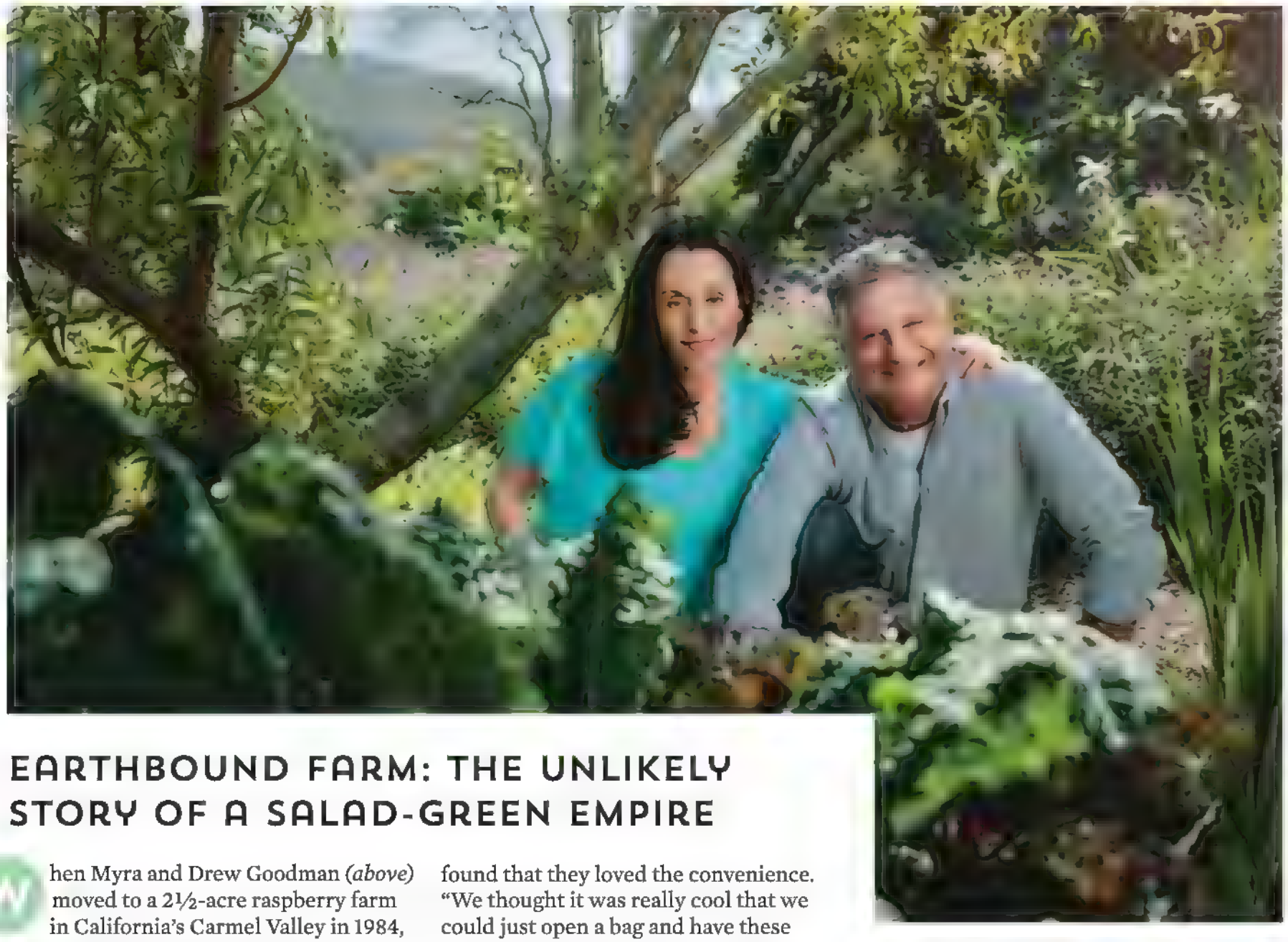
FOOD PHOTOGRAPHY BY
TED & CHELSEA CAVANAUGH

LOCATION PHOTOGRAPHY BY
MARC OLIVIER LEBLANC

Pop the top of a plastic box, grab a big handful of greens and you're a few crunchy bits and a drizzle of dressing away from a delicious, healthy salad.

Americans didn't always have it so easy. Before the mid-1980s, "salad" meant mostly one thing: a head of iceberg lettuce. There were no neat packages of prewashed mixed greens to be found at the grocery store, no baby arugula or radicchio. So how did the wondrous variety of greens at our fingertips become a $5 billion industry?

BY TINA CAPUTO



EARTHBOUND FARM: THE UNLIKELY STORY OF A SALAD-GREEN EMPIRE

When Myra and Drew Goodman *(above)* moved to a 2½-acre raspberry farm in California's Carmel Valley in 1984, they knew virtually nothing about farming. The Manhattan natives viewed the move as a temporary stop on the way to graduate school and big-city careers. But they never left the farm.

"It was a very romantic time," Myra says. "We were city kids getting up with the sunrise, working all day on the farm. As more time passed, going back to school and an urban environment became less and less appealing." Earthbound Farm was born.

They started out selling their organic berries at a roadside stand at the end of their driveway, then added lettuce to their offerings when they heard that a Berkeley chef, Alice Waters of Chez Panisse, was serving organic baby salad greens at her restaurant. They planted varieties most Americans had never heard of—Tango, Lolla Rosa, Red Oak Leaf—and found a niche market among forward-thinking chefs.

Restaurant sales were good for Earthbound Farm's business, but bad for the Goodmans' diet. After long days of farming, they were too tired to prepare healthy meals, and survived mainly on frozen pizza. "We were living this idyllic farm life but we were eating terribly," Drew recalls. "We weren't eating what we were growing."

The Goodmans began washing and bagging greens for weeknight salads and found that they loved the convenience. "We thought it was really cool that we could just open a bag and have these beautiful greens that were so alive and tasty," Myra says, "but we never thought about doing it as a commercial product."

That changed in 1986, when Earthbound lost its main restaurant client, leaving Myra and Drew with acres of organic baby greens and nowhere to sell them. In desperation, they filled zip-top bags with prewashed mixed lettuces and took them around to retailers first in Carmel, then expanded to San Francisco.

The salads were an instant hit, prompting the Goodmans to ramp up their retail efforts. Lacking the funds for a proper facility, they started by washing and drying greens in their living room, using tubs and household salad spinners, then huge plastic garbage cans fitted with mesh bags. Later they built a washing shed with stainless-steel sinks, and Myra's father helped cobble together contraptions to streamline the process—like a hoist-and-pulley system that moved greens between bins.

In the decades to follow, Earthbound Farm expanded and introduced innovations that helped the bagged-salad industry take root. The most important was a mechanical harvester for baby greens, developed in the late 1990s, which allowed farmers to increase production by eliminating labor-intensive hand-picking. *(See "Growth Spurt," page 86.)* Earthbound Farm was also the first salad company to adopt plastic clamshell packaging, which helped extend product shelf life by protecting tender greens from damage. And in 2006, it launched "Raw Product Test & Hold," a system to test incoming greens for *E. coli* and other contaminants. Under Test & Hold, lettuce is held until lab results are completed, and any batches linked to a positive test are destroyed—an important advance in food safety.

Earthbound's success inspired new players, such as Olivia's Organics and Organic Girl, to enter the market in the mid-2000s. Today the packaged-salad category accounts for nearly 75% of annual lettuce sales in the United States.

The company that Myra and Drew Goodman founded 35 years ago is now one of the largest organic growers in the U.S., producing more than 35 varieties of greens on 30,000 crop acres. While they no longer own Earthbound Farm (they sold the company in 2014 to pursue personal projects), Myra and Drew still live on the original property, and are recognized today as pioneers who transformed the contents of America's salad bowls.

TINA CAPUTO *is a California-based writer and editor who covers food, wine, beer, travel and other things that make life worth living.*

6 COOL SALAD GREENS

The mesclun revolution introduced us to varieties we weren't otherwise eating. Look for these in your box or bag.

plant your plate

Learn how to grow a salad container garden in just a few easy steps at *eatingwell.com/plantyourplate*

RED OAK LEAF
Shaped like the leaves of an oak tree, it has a silky texture and a sweet, earthy flavor.

TATSOI
An Asian green with a mild, mustard-like taste, tatsoi has broad, spoon-shaped leaves.

LOLLA ROSA
Known for curled green leaves with red edges, it's prized for its chewy texture and pleasantly bitter flavor.

TANGO
Frilly, pale-green leaves lead many to mistake this crisp-textured lettuce for endive, but it's mild and tangy.

MÂCHE
With a name that rhymes with *squash,* this French heirloom has cupped leaves that taste nutty.

PEA LEAVES
The young leaves of English, snow or sugar snap pea plants (also known as shoots) are higher in protein than other greens, and have a sweet pea-like flavor.

GROWTH SPURT

3 tech innovations that helped fuel the industry

THE MECHANICAL HARVESTER *(RIGHT)*

U.S. lettuce growers picked baby greens by hand until a mechanical harvester came on the scene in the late 1990s. Invented by Salinas Valley farmer Stan Pura (at the time a partner in Earthbound Farm), the machine made it possible to pick at record speed without damaging the tender leaves and allowed farmers to increase production. Its giant blade gently cuts the densely planted baby greens, which fill small totes at the back of the harvester. As the totes fill up, they're loaded onto a flatbed that drives alongside. The current version has been upgraded with a continuously sanitized blade plus a device that optically identifies non-plant material and keeps it out of the harvest.

"BREATHABLE" BAGS

Mixed greens first hit the market in resealable plastic bags that prevented the lettuce from breathing, leading to speedy spoilage. In the early 1990s, "breathable" high-tech plastic bags arrived on the scene: they allow oxygen to enter and carbon dioxide to escape, keeping lettuce fresher longer.

TRIPLE-WASHING SYSTEM

A victory for food safety, the automated triple-washing system that Ready Pac introduced in 2001 quickly became the industry standard for packaged salads. Lettuce travels via flumes (think: a water slide for leafy greens) through three separate water baths that include a tiny amount of sodium hypochlorite—aka bleach—to prevent cross-contamination and manage microorganisms. It then takes a twirl in a giant salad spinner that holds nearly 300 pounds of greens at a time.

FROM ICEBERG TO BABY GREENS

1894

W. Atlee Burpee Co. introduces **iceberg lettuce** in their annual seed catalog; the vigorous, heat-tolerant crisphead lettuce proves enduringly popular with commercial and home growers.

1930s

Farmer Bruce Church starts shipping fresh heads of lettuce from Salinas, CA, across the country in **ice-packed** railcars. His company, Bruce Church, Inc., later became Fresh Express.

1948

The widespread use of **vacuum cooling,** a process that vaporizes water to chill greens rapidly, enables growers to ship lettuce across the U.S. without ice, reducing spoilage and improving quality.

An Earthbound Farm harvesting team is hard at work in California's Salinas Valley. The metal tines at the front of the harvester, called "ticklers," disturb insects and send them flying before the machine cuts the leaves. Any remaining plant material is worked into the soil to help improve its health.

1950s & 1960s

In-store **refrigeration** is widely adopted, making lettuce a staple in U.S. grocery stores.

1986

Earthbound Farm launches prewashed, **bagged organic baby greens** in California grocery stores.

1989

Fresh Express begins national distribution of **ready-to-eat bagged salad.** A few years later, the company introduces salad kits that include toppings and dressing—a big step forward in convenience.

1992

Ready Pac introduces "European-style" **salad blends,** which include greens like frisée and radicchio, in California and other select western U.S. states.

2004

Earthbound Farm starts using **plastic clamshell boxes** (similar to the packaging used for strawberries), helping to better protect fragile greens from damage.

2019

Americans eat about **25 pounds of salad greens** each year, split evenly between iceberg and other lettuces. Compare this with 1986, when we ate the same amount but it was almost all iceberg.

Hold your phone's camera over this smart code to see our best salad recipes on *eatingwell.com*

DRESS FOR SUCCESS

Who's hungry for a salad? Store-bought salad dressing is convenient, but in a matter of minutes you can make a tasty one from scratch. This vinaigrette formula is endlessly adaptable to suit your taste—just add all the ingredients and shake!

Master Vinaigrette Recipe

Pour ½ cup **oil** into a mason jar (we like grapeseed, avocado canola, olive or a nut oil.) Add ¼ cup **vinegar *or* citrus juice,** 1-2 tsp. minced **garlic, ginger, scallion *or* shallot,** ½-3 tsp. **flavoring** (total; see the combos at right for inspiration) and ¾ tsp. **salt.** Shake it up and you're done! Refrigerate the dressing for up to 3 days. (The oil may solidify in the fridge; just leave it at room temperature for about 30 minutes before using.)

Nutrition info with the recipes at eatingwell.com.

1. Sherry Dijon

- ½ cup extra-virgin olive oil
- ¼ cup sherry vinegar
- 1 teaspoon minced garlic
- 1 teaspoon Dijon mustard
- ¾ teaspoon salt

2. Fennel Dill

- ½ cup extra-virgin olive oil
- ¼ cup white-wine vinegar
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh dill *or* fennel fronds
- ½ teaspoon toasted crushed fennel seeds
- ¾ teaspoon salt

3. Maple Balsamic

- ½ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- 2 teaspoons minced shallot
- 1 teaspoon pure maple syrup
- ¾ teaspoon salt

4. Sesame Ginger

- ½ cup grapeseed oil
- ¼ cup rice vinegar
- 2 teaspoons minced scallions
- 1 teaspoon minced fresh ginger
- 1 teaspoon sesame oil
- 1 teaspoon honey
- ¾ teaspoon salt

5. Cumin Lime

- ½ cup sunflower oil
- ¼ cup lime juice
- 2 teaspoons minced shallot
- ½ teaspoon toasted crushed cumin seeds
- ¾ teaspoon salt

6. Olive Orange

- ½ cup extra-virgin olive oil
- ¼ cup orange juice
- 2 teaspoons minced scallions
- 1 teaspoon minced pitted Kalamata olives
- ¾ teaspoon salt

KEEP THE CYCLE GOING

Plastic clamshell containers (often themselves made from recycled plastic) can usually go in your curbside bin, just give them a good rinse first. At the recycling center, clamshells are sorted by plastic number, washed, cut into chunks and washed again to remove any remaining contaminants. The plastic is melted down, then formed into pellets called nurdles, which are sold to plastic producers to begin life anew as everyday items, such as bags, bottles and, yes, more clamshells. Bags from prewashed salad greens typically can't be recycled because they are coated with a substance that makes them unappealing to recycling companies. But the plastic bags you put a head of lettuce or other produce in can usually be recycled at plastic-film drop-off sites. For recycling rules by ZIP code, visit *earth911.com*.

Keep your salad greens fresher longer. Tuck a paper towel inside the package to absorb excess moisture. Greens too dry? Simply add a slightly damp paper towel to refresh them.

FOOD STYLIST: JAMIE KIMM

GREEN UP YOUR DIET

Maybe it's time to tweak the old adage to say, "A *salad* a day keeps the doctor away." In 2014, the Centers for Disease Control and Prevention came out with a list of powerhouse fruits and vegetables—produce that has a strong association with a reduced risk of chronic conditions, such as heart disease and cancer. Many salad greens—from watercress to iceberg lettuce—made the list. A 2-cup serving of most raw leafy greens typically provides more than 100% Daily Value of vitamin A, a nutrient with eye-protection benefits, and at least 25% DV of potassium, which may help reduce high blood pressure. Plus, dark leafy greens are one of the best food sources of folate (folic acid), a B vitamin that's necessary for making new cells and is especially important for pregnant women, as adequate levels are necessary to prevent some birth defects.

PREP AND CONQUER

When it comes to making fast and delicious weeknight meals, **Katie Webster** is a pro. She's a blogger, recipe developer and photographer, has two preteen daughters with lots of extracurricular activities, and still manages to find time to teach BodyPump classes. Even with all those plates spinning, her family makes eating dinner together a priority. Here Webster shares one simple strategy to help keep your sanity (at least somewhat) intact during the busy workweek: make Sunday a strategic prep day so you can have homemade dinners on the table *pronto* the rest of the week.

RECIPES BY KATIE WEBSTER — PORTRAIT BY BRETT SIMISON — FOOD PHOTOGRAPHY BY LEIGH BEISCH

1 SUNDAY

MEAL PREP PLAN

These key elements are used to create five complete meals for four people. Create your shopping list with the ingredients below plus the ones to make each night's recipes—or hold your phone's camera over the smart code *(right)* to download a complete shopping list. You'll also want to make sure you have the right-size containers to store everything *(see below)*. It takes about 1½ hours to do the prep from start to finish, and having these ingredients ready in your fridge keeps your active time to 20 minutes or less each night.

INGREDIENTS

5 boneless, skinless chicken thighs (about 1¼ lb.), trimmed
1 tsp. ground pepper, divided
1½ tsp. salt, divided
3 cups low-sodium chicken broth
1 Tbsp. extra-virgin olive oil plus 1¾ cups, divided
1½ cups quinoa
¾ cup red-wine vinegar
5 Tbsp. water
1½ Tbsp. sugar
1 Tbsp. Dijon mustard
1 large clove garlic
2 tsp. dried basil
2 tsp. dried oregano
4 Tbsp. butter (½ stick)
¼ cup all-purpose flour
3 cups reduced-fat milk
2½ cups shredded sharp Cheddar cheese
⅓ cup grated Parmesan cheese
1 small cauliflower
8 oz. Brussels sprouts
4 medium carrots
2 medium parsnips
1 medium broccoli crown

STORAGE

- ☐ **large container for the chicken**
- ☐ **5-cup container for the quinoa**
- ☐ **large mason jar (24- to 32-oz.) for the dressing**
- ☐ **4-cup heatproof container for the sauce**
- ☐ **1-cup container**
- ☐ **7-cup container**
- ☐ **8-cup container**

ROAST CHICKEN THIGHS

Preheat oven to 425°F. Place **chicken** on a baking sheet. Sprinkle with ½ tsp. **ground pepper** and ¼ tsp. **salt.** Bake the chicken until an instant-read thermometer inserted in the thickest part registers 165°F, 14 to 16 minutes. Let cool to room temperature, about 30 minutes. Transfer to a container. *Refrigerate for up to 5 days.*

COOK QUINOA

Combine **broth,** 1 Tbsp. **extra-virgin olive oil** and ¼ tsp. **salt** in a large saucepan. Bring to a simmer over high heat. Stir in **quinoa** and return to a simmer. Reduce heat and simmer until the quinoa has absorbed all the liquid and the grains have burst, 15 to 20 minutes. Remove from heat, cover and let stand for 5 minutes. Spread the quinoa on a rimmed baking sheet and let cool to room temperature, about 15 minutes. Transfer to a 5-cup container. *Refrigerate for up to 5 days.* **MAKES:** 5 cups

MAKE ITALIAN DRESSING

Combine **vinegar, water, sugar, mustard, garlic, basil, oregano** and ½ tsp. each **salt** and **ground pepper** in a blender. Puree until smooth. With the motor running, slowly add 1¾ cups **extra-virgin olive oil** and puree until creamy. Transfer to a large mason jar. *Refrigerate for up to 1 week.* **MAKES:** 2½ cups

MAKE CHEESE SAUCE

Heat **butter** in a medium saucepan over medium heat until melted. Add **flour** and whisk constantly until thickened and just starting to turn light brown, 2 to 3 minutes. Slowly add **milk,** whisking constantly. Cook, stirring often, until the mixture is thick enough to coat the back of a spoon, 10 to 12 minutes. (Do not boil.) Remove from heat and, a handful at a time, whisk in **Cheddar** and **Parmesan** until smooth. Stir in ½ tsp. **salt.** Transfer the sauce to a 4-cup heatproof container and let cool to room temperature, about 30 minutes. *Refrigerate for up to 5 days.* **MAKES:** 4 cups

PREP VEGETABLES

- ☐ Cut **cauliflower** into florets, about 1 inch wide. Finely chop 1 cup of the cauliflower and transfer to a 1-cup container.
- ☐ Trim **Brussels sprouts** and halve (or quarter if large). Combine the remaining cauliflower florets and the Brussels sprouts in a 7-cup container.
- ☐ Peel **carrots** and **parsnips** and cut into 1-inch pieces. Cut **broccoli** into large florets, about 1½ inches wide. Combine the carrots, parsnips and broccoli in an 8-cup container. *Refrigerate for up to 5 days.*

ICONS: GREENTANA/GETTY IMAGES; RECIPE STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS); LOCATION STYLING: MOLLY VELTE

One-Pot Mac & Cheese with Cauliflower & Brussels Sprouts

ACTIVE: 20 min **TOTAL:** 20 min

Taking a minute to sizzle some garlic in olive oil is a simple way to pep up the cheese sauce, and the flavor plays well with the cauliflower and Brussels sprouts in this one-pot meal.

- **8 ounces whole-wheat rotini *or* rigatoni**
- **Prepped Brussels sprouts & cauliflower florets *(page 92)***
- **1 tablespoon extra-virgin olive oil**
- **3 cloves garlic, chopped**
- **2½ cups Cheese Sauce *(page 92)***
- **¼ teaspoon salt**

1. Bring a large pot of water to a boil. Add pasta and cook for 4 minutes less than package directions. Stir in Brussels sprouts and cauliflower and continue cooking until the pasta and vegetables are tender, 4 to 5 minutes more. Drain well.

2. Dry the pot and set over medium heat. Add oil and garlic and cook until the garlic is fragrant and just starting to brown, about 1 minute. Add the hot pasta and vegetables and stir to combine. Add cheese sauce and salt, reduce heat to medium-low and stir until steaming-hot, about 1 minute. (Do not boil.)

SERVES 4: 2 cups each

CAL 591 / **FAT** 28G (SAT 14G) / **CHOL** 67MG / **CARBS** 63G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 9G / **SODIUM** 730MG / **POTASSIUM** 911MG.

Chicken & Quinoa Buddha Bowls

ACTIVE: 15 min **TOTAL:** 15 min

Arrange the toppings individually on these protein-packed Buddha bowls so each bite has a contrasting taste and texture.

- **3 cups Quinoa *(page 92)*, reheated**
- **4 Chicken Thighs *(page 92)*, reheated and sliced**
- **1 15-ounce can chickpeas, rinsed**
- **1 avocado, sliced**
- **6 radishes, thinly sliced**
- **1 cup sprouts *or* shoots**
- **¾ cup Italian Dressing *(page 92)***
- **¼ cup toasted seeds *or* chopped nuts**

Divide quinoa among 4 large shallow bowls. Top with chicken, chickpeas, avocado, radishes and sprouts (or shoots). Drizzle with dressing and sprinkle with seeds (or nuts).

SERVES 4: 2 cups each

CAL 753 / **FAT** 50G (SAT 8G) / **CHOL** 76MG / **CARBS** 43G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 34G / **FIBER** 10G / **SODIUM** 606MG / **POTASSIUM** 836MG.

Cheesy Beef Enchilada Casserole

ACTIVE: 20 min **TOTAL:** 35 min

This veggie-packed casserole is mild, so put out hot sauce and chopped jalapeños if you're feeding heat-seekers.

- **2 teaspoons avocado *or* canola oil**
- **8 ounces 90%-lean ground beef**
- **1 large onion, diced**
- **1 medium red bell pepper, diced**
- **1 cup frozen corn kernels**
- **1 tablespoon ground cumin**
- **2 teaspoons chili powder**
- **1 teaspoon garlic powder**
- **1½ cups Cheese Sauce *(page 92)***
- **1 4-ounce can diced green chiles**
- **8 corn tortillas, cut into quarters**
- **1 large tomato, seeded and chopped**
- **1 14-ounce bag coleslaw mix**
- **⅔ cup Italian Dressing *(page 92)***
- **½ cup chopped fresh cilantro, divided**

1. Preheat oven to 400°F. Coat a 9-inch (or similar size) baking dish with cooking spray.

2. Heat oil in a large skillet over medium-high heat. Add beef, onion and bell pepper and cook, crumbling the beef with a wooden spoon, until it is no longer pink and the vegetables are tender, 5 to 8 minutes. Stir in corn, cumin, chili powder and garlic powder; cook, stirring occasionally, until the corn is heated through and the spices are fragrant, about 1 minute. Remove from heat.

3. Meanwhile, transfer cheese sauce to a microwave-safe bowl. Heat on High, pausing to stir once, until heated through, about 2 minutes. Stir in green chiles.

4. Arrange one-third of the tortilla wedges in the prepared dish, overlapping as necessary to fit. Top with half the beef mixture and one-third of the cheese sauce. Repeat with half the remaining tortillas, the remaining beef mixture and half of the remaining cheese sauce. Top with the remaining tortillas, the remaining cheese sauce and tomato. Bake until bubbling, about 15 minutes.

5. Meanwhile, toss coleslaw mix, dressing and ¼ cup cilantro in a medium bowl.

6. Top the casserole with the remaining ¼ cup cilantro and cut into 4 servings. Serve with the slaw.

SERVES 4: 1¼ cups casserole & 1½ cups slaw each

CAL 727 / **FAT** 46G (SAT 14G) / **CHOL** 77MG / **CARBS** 54G / **TOTAL SUGARS** 14G (ADDED 1G) / **PROTEIN** 26G / **FIBER** 10G / **SODIUM** 633MG / **POTASSIUM** 759MG.

Italian Marinated Pork Tenderloin with Roasted Vegetables & Quinoa

ACTIVE: 20 min **TOTAL:** 4¾ hrs (including 4 hrs marinating time)

TO MAKE AHEAD: Marinate the pork (Step 1) for up to 1 day.

For the best flavor, start marinating the pork the night before or get it going before you head off to work in the morning.

- **1 pound pork tenderloin**
- **¼ cup Italian Dressing plus 2 tablespoons *(page 92)*, divided**
- **Prepped carrots, parsnips & broccoli *(page 92)***
- **3 tablespoons extra-virgin olive oil, divided**
- **2 teaspoons Italian seasoning**
- **¾ teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **2 cups Quinoa *(page 92)*, reheated**
- **4 tablespoons balsamic glaze**

1. Place pork and ¼ cup dressing in a large sealable bag. Press out air and seal. Massage the dressing all over the pork. Refrigerate for at least 4 hours or up to 24 hours.

2. Position racks in upper and lower thirds of oven; preheat to 425°F.

3. Toss carrots, parsnips and broccoli with 2 tablespoons oil, Italian seasoning and ½ teaspoon each salt and pepper. Spread on a large rimmed baking sheet. Set aside.

4. Remove the pork from the marinade and pat dry with paper towels (discard the marinade). Sprinkle the pork with the remaining ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add the pork and cook until browned on one side, 3 to 5 minutes. Turn the pork over and transfer the pan to the upper rack.

5. Roast until an instant-read thermometer inserted in the thickest part registers 145°F, about 20 minutes. Roast the vegetables on the lower rack, stirring once or twice, until tender and browned in spots, 20 to 25 minutes.

6. Transfer the pork to a clean cutting board and let rest for 5 minutes. Toss the vegetables with the remaining 2 tablespoons dressing. Slice the pork.

7. Serve the pork with the roasted vegetables and quinoa, drizzled with balsamic glaze.

SERVES 4: 3 oz. pork, 1 cup vegetables & ½ cup quinoa each

CAL 490 / **FAT** 22G (SAT 4G) / **CHOL** 74MG / **CARBS** 44G / **TOTAL SUGARS** 15G (ADDED 5G) / **PROTEIN** 31G / **FIBER** 8G / **SODIUM** 653MG / **POTASSIUM** 1,240MG.

FRIDAY 6

Pesto Chicken Cauliflower Pizza & Antipasto Salad

ACTIVE: 20 min **TOTAL:** 30 min

While the antipasto salad has a distinctly retro vibe, the cauliflower-crust pizza is 100% au courant *for pizza night. If you've never tried cauliflower crust, get ready to be pleasantly surprised!*

- **1 7- to 12-ounce frozen cauliflower pizza crust**
- **¼ cup prepared pesto**
- **1 cup shredded part-skim mozzarella cheese**
- **1 Chicken Thigh *(page 92)*, shredded**
- **1 small head iceberg lettuce, chopped**
- **Prepped cauliflower *(page 92)***
- **1 cup halved cherry tomatoes**
- **4 jarred pepperoncini, sliced**
- **¼ cup chopped pepperoni (1 ounce)**
- **⅔ cup Italian Dressing *(page 92)***

1. Prepare cauliflower crust according to package directions. (If the directions don't say to put it on a baking sheet, please do, otherwise the fat from the pesto and cheese may drip onto the bottom of your oven.) Spread pesto over it. Top with mozzarella and chicken. Bake according to package directions.

2. Meanwhile, combine lettuce, cauliflower, tomatoes, pepperoncini and pepperoni in a large bowl. Just before serving, toss with dressing.

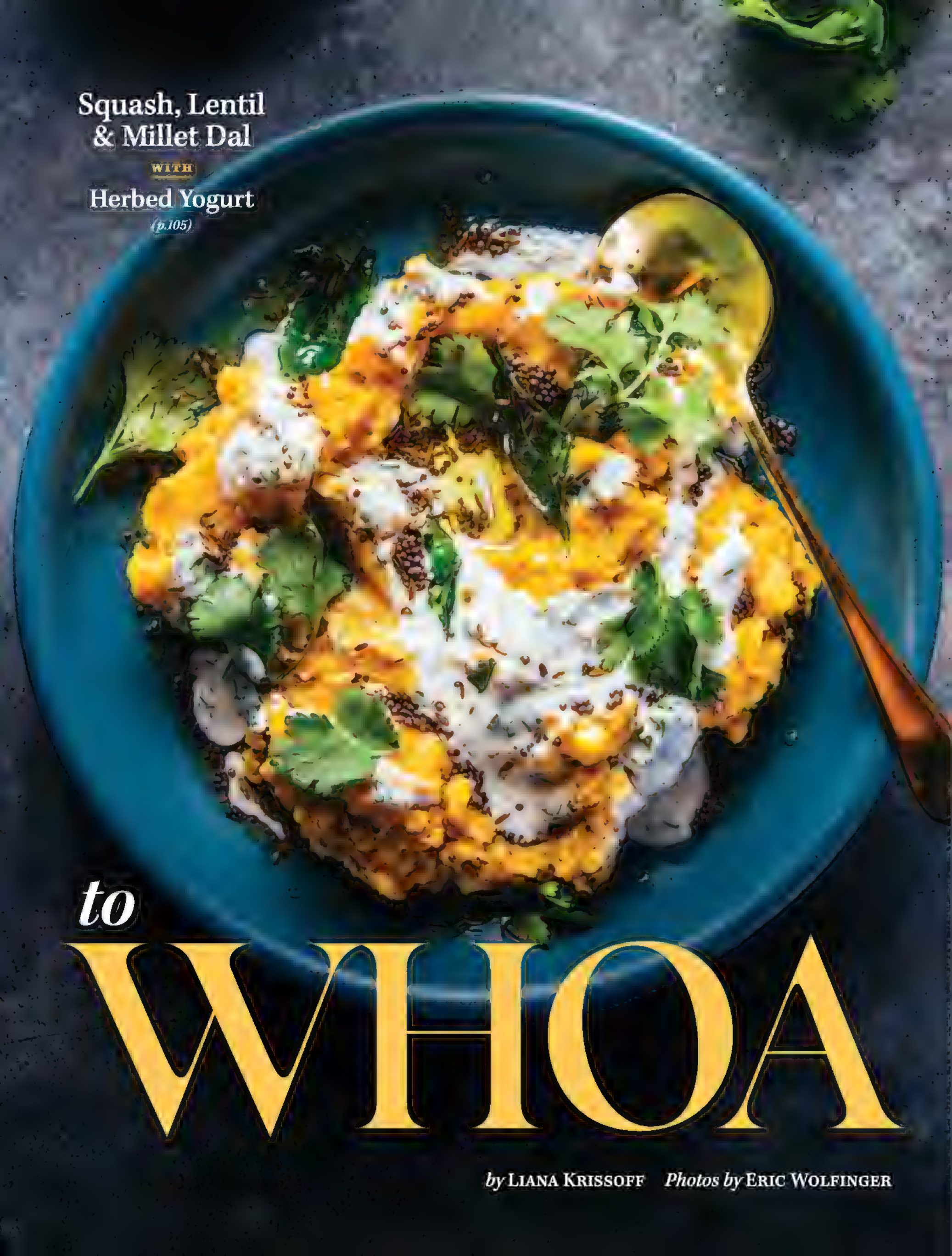
3. Cut the pizza into wedges and serve with salad.

SERVES 4: ¼ pizza & 2½ cups salad each

CAL 514 / **FAT** 38G (SAT 9G) / **CHOL** 46MG / **CARBS** 25G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 18G / **FIBER** 4G / **SODIUM** 731MG / **POTASSIUM** 551MG.

From SLOW

IF YOU'VE SHELVED YOUR SLOW COOKER because it's turned out too many boring meals, here's a secret: a final flourish makes all the difference. It adds a pop of freshness, another layer of flavor, a contrasting texture—or all of the above. For example, the fragrant dal *(right)* is delicious unadorned, but the herbed yogurt topping complements its gentle heat. Sure, you can pile carne picada into tortillas and call it a day, but top those tacos with a homemade avocado salsa and your family will beg you to make them again. Welcome back, slow cooker.



to WHOA

by LIANA KRISSOFF *Photos by* ERIC WOLFINGER

Brothy Sichuan Chicken

WITH

Sesame Baby Bok Choy

(p.107)

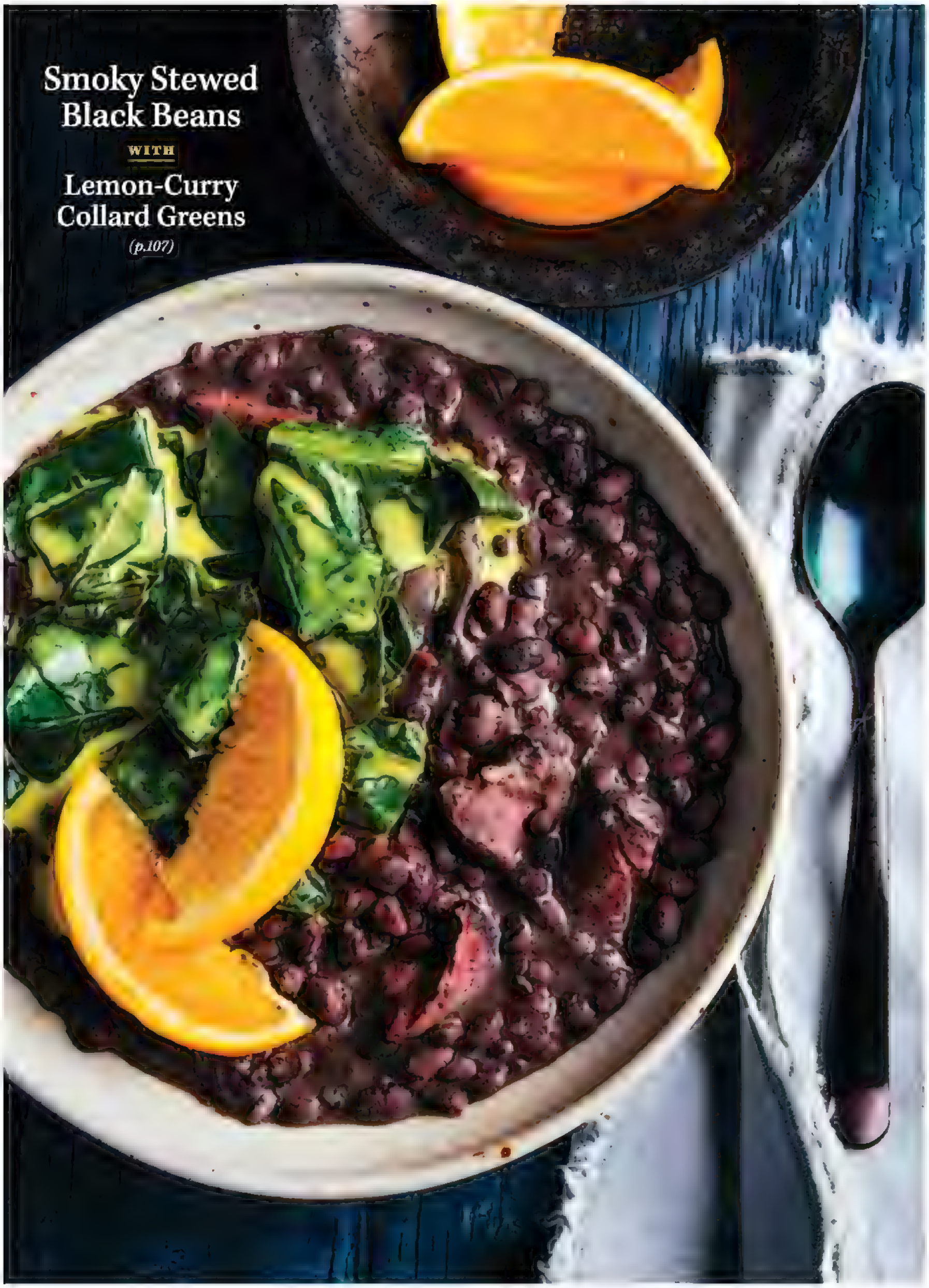
Beef &
Carrot Tagine

WITH

Almond
Couscous

(p.105)

Carne Picada
Tacos
WITH
Avocado Salsa
(p.107)


Smoky Stewed Black Beans
WITH
Lemon-Curry Collard Greens
(p.107)

Pairings

Big Vegetable Stew
The **2015 Basilica Cafaggio Vendemmia Chianti Classico, Italy** ($16), has enough acidity to stand up to this tomato-based stew.

Squash, Lentil & Millet Dal
Light and fresh, the **2017 Villa Wolf Gewürztraminer, Pfalz, Germany** ($12), is delightful alongside the coriander and black pepper in the dal.

Beef & Carrot Tagine
This flavorful stew calls for a full-bodied Pinot Noir. Try **2016 Cooper Hill Pinot Noir by Cooper Mountain Vineyards Willamette Valley, Oregon** ($15).

Brothy Sichuan Chicken
Notes of ginger and lime zest make juicy **2017 Three Brooms Sauvignon Blanc, Marlborough, New Zealand** ($16), an ideal pairing for this Chinese-inspired dish.

Smoky Stewed Black Beans
A lush syrah, like **2016 Domaine D'Andezon Côtes du Rhône, France** ($18), complements the smoky flavor from the ham hock.

Carne Picada Tacos
With a slightly citrusy hop profile and crisp finish, **Deschutes Brewery Mirror Pond Pale Ale, Oregon** ($10/6-pack), holds its own alongside the blistered jalapeños.

Big Vegetable Stew
WITH
Fresh Garlic Croutons

SLOW COOKER

Big Vegetable Stew

ACTIVE: 35 min **TOTAL:** 8½ hrs
TO MAKE AHEAD: Refrigerate the stew (Step 1) for up to 2 days.
EQUIPMENT: 4- to 7-qt. slow cooker

Potatoes and beans make this tomato-based stew super-hearty. You could also add briefly sautéed chunks of zucchini or fresh corn kernels just before serving, or add another can of cannellini beans for more substance. A dollop of pesto on top is also super-delicious.

- **1 28-ounce can whole plum tomatoes**
- **1 15-ounce can whole plum tomatoes**
- **1 15-ounce can cannellini beans, rinsed**
- **1½ cups frozen cut Italian (Romano) beans *(see Tip, page 133)***
- **12 ounces baby yellow potatoes**
- **1 cup chopped onion**
- **2 teaspoons dried oregano**
- **1 teaspoon salt**
- **½ teaspoon ground pepper**
- **½ teaspoon crushed red pepper, plus more for serving**
- **1 cup low-sodium no-chicken *or* vegetable broth**
- **1 tablespoon extra-virgin olive oil**
- **3 cloves garlic, minced**
- **Shaved Parmesan cheese for garnish**

1. Place tomatoes and their juice in a 4- to 7-quart slow cooker and crush them with your hands or a potato masher. Add cannellini beans, frozen beans, potatoes, onion, oregano, salt, pepper and crushed red pepper. Stir in broth and cover. Cook on Low for 8 hours or High for 4 hours.
2. Just before serving, heat oil in a small skillet over medium heat. Add garlic and cook, stirring, until just golden, about 1 minute. Stir the garlic and oil into the slow cooker. Serve with more crushed red pepper and Parmesan, if desired.
SERVES 6: 1½ cups each
CAL 173 / **FAT** 4G (SAT 0G) / **CHOL** 0MG / **CARBS** 30G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 8G / **SODIUM** 480MG / **POTASSIUM** 826MG.

FLOURISH

Fresh Garlic Croutons

ACTIVE: 10 min **TOTAL:** 20 min
Preheat oven to 400°F. Mash 1 chopped **garlic** clove into a paste with a fork or the side of a chef's knife. Transfer to a medium bowl and stir in 2 Tbsp. **extra-virgin olive oil** and ½ tsp. **Italian seasoning.** Add 3 cups cubed (1-inch) crusty **whole-grain bread** and toss to coat. Transfer to a rimmed baking sheet. Bake until golden, 12 to 15 minutes.
SERVES 6: ½ cup each
CAL 234 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 33G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 5G / **SODIUM** 349MG / **POTASSIUM** 194MG.

SLOW COOKER

Squash, Lentil & Millet Dal

ACTIVE: 30 min **TOTAL:** 8½ hrs
TO MAKE AHEAD: Refrigerate the dal (Step 1) for up to 2 days.
EQUIPMENT: 4- to 7-qt. slow cooker

This dal has a range of pleasing textures: red lentils and millet break down as they cook and the toor dal, which are split pigeon peas, stay toothsome. Look for all three at Indian markets or natural-foods stores. (Photo: page 99.)

- **4 cups cubed peeled winter squash (1¼ pounds; 1-inch cubes)**
- **1 cup red lentils, rinsed**
- **½ cup toor dal (split pigeon peas), rinsed**
- **⅓ cup millet**
- **1 tablespoon Kashmiri chile powder *(see Tip, page 133)***
- **2 teaspoons ground coriander**
- **1½ teaspoons salt**
- **1 teaspoon ground cumin**
- **½ teaspoon ground turmeric**
- **½ teaspoon ground pepper**
- **5 cups water**
- **2 tablespoons ghee *or* canola oil**
- **15 fresh curry leaves *(see Tip, right)*, optional**
- **1 teaspoon cumin seeds**
- **1 teaspoon black *or* brown mustard seeds**
- **Pinch of asafetida *(see Tip, page 133)***
- **2 cups fresh *or* frozen corn kernels**
- **Fresh cilantro for garnish**

1. Combine squash, lentils, toor dal, millet, chile powder, coriander, salt, cumin, turmeric and pepper in a 4- to 7-quart slow cooker. Add water and cover. Cook on Low for 8 hours or High for 4 hours.
2. Just before serving, heat ghee (or oil) in a small skillet over medium heat. Add curry leaves (if using), cumin seeds, mustard seeds and asafetida; cook, stirring, until the seeds start to pop and darken in color, about 30 seconds; immediately scrape into the slow cooker and cover.
3. Add corn to the pan and cook over medium heat, stirring frequently, until just tender, 2 to 3 minutes. Add the corn to the slow cooker and gently stir to combine. Serve topped with cilantro, if desired.
SERVES 8: 1 cup each
CAL 267 / **FAT** 6G (SAT 3G) / **CHOL** 8MG / **CARBS** 45G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 8G / **SODIUM** 454MG / **POTASSIUM** 710MG.

FLOURISH

Herbed Yogurt

ACTIVE: 10 min **TOTAL:** 10 min
Whisk 2 cups whole-milk plain **yogurt,** ¾ cup chopped fresh **cilantro,** ¼ cup chopped fresh **mint** and a pinch of **salt** in a medium bowl. Refrigerate for up to 2 days.
SERVES 8: ¼ cup each
CAL 39 / **FAT** 2G (SAT 1G) / **CHOL** 8MG / **CARBS** 3G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 0G / **SODIUM** 48MG / **POTASSIUM** 116MG.

TIP:
Curry leaves are native to South Asia. They have a faint citrusy flavor. Find fresh curry leaves in the produce section (and sometimes in the freezer) at Asian markets and some natural-foods stores. Freeze extra leaves airtight for up to 2 months.

SLOW COOKER

Beef & Carrot Tagine

ACTIVE: 20 min **TOTAL:** 8 hrs 20 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: 4- to 7-qt. slow cooker

Feel free to experiment with the spices in this simple stew—keep cumin and cinnamon in the mix, but try adding cardamom and ginger for greater depth of flavor. Recipe adapted from Slow Cook Modern. (Photo: page 101.)

- **2½ pounds beef stew meat, such as chuck**
- **2 teaspoons paprika**
- **1¼ teaspoons salt**
- **1 teaspoon ground cumin**
- **1 teaspoon fennel seeds, crushed**
- **½ teaspoon ground cinnamon**
- **½ teaspoon ground pepper**
- **1 pound carrots, cut into 1-inch pieces**
- **1 cup canned crushed tomatoes**
- **½ cup water**
- **⅓ cup raisins**

1. Place beef in a 4- to 7-quart slow cooker. Sprinkle with paprika, salt, cumin, fennel seeds, cinnamon and pepper; toss to coat. Pile carrots on the beef and pour tomatoes and water over the top. Cover and cook on Low for 8 hours or High for 4 hours.
2. Stir raisins into the slow cooker, cover and let stand for 5 minutes.
SERVES 10: ¾ cup each
CAL 192 / **FAT** 5G (SAT 2G) / **CHOL** 73MG / **CARBS** 11G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 2G / **SODIUM** 460MG / **POTASSIUM** 686MG.

FLOURISH

Almond Couscous

ACTIVE: 10 min **TOTAL:** 20 min
Heat 1½ Tbsp. **extra-virgin olive oil** in a medium saucepan over medium heat. Add ⅓ cup sliced **almonds** and cook, stirring, until golden, about 2 minutes. Add 1¾ cups **whole-wheat couscous** and stir to coat. Add 1¾ cups **water** and 1 tsp. **salt.** Bring to a boil over high heat. Cover and remove from heat; let stand for 10 minutes. Fluff with a fork and stir in 3 Tbsp. chopped fresh **cilantro.**
SERVES 10: ½ cup each
CAL 156 / **FAT** 4G (SAT 0G) / **CHOL** 0MG / **CARBS** 27G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 5G / **SODIUM** 234MG / **POTASSIUM** 24MG.

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STYLING: ABBY STOLFO (FOOD); GLENN JENKINS (PROPS)

HELLMANN'S
EST. 1913
REAL
MAYONNAISE
Made with cage free eggs
NEW LOOK SAME GREAT TASTE
30 FL OZ (887mL)

MAKING THE
BEST
FOR OVER
100 YEARS

SLOW COOKER

Brothy Sichuan Chicken with Scallions

ACTIVE: 20 min **TOTAL:** 8 hrs 20 min
TO MAKE AHEAD: Refrigerate for up to 2 days.
EQUIPMENT: 4- to 7-qt. slow cooker, cheesecloth

Sichuan peppercorns give this brothy dish a distinctive lemony, mouth-numbing flavor. Unrelated to peppercorns, they are the dried berries of the prickly ash tree. Look for them in specialty markets and online. If you've never had them before, try one first and add more or less to taste. Serve with Chinese noodles. (Photo: page 100.)

- **2 pounds bone-in, skin-on chicken thighs, trimmed**
- **⅓ cup low-sodium soy sauce *or* tamari**
- **⅓ cup Shaoxing rice wine *or* dry sherry**
- **3 dried red chiles, stemmed**
- **2 teaspoons cumin seeds**
- **1½ teaspoons grated garlic**
- **1½ teaspoons grated fresh ginger**
- **1 teaspoon sugar**
- **2 whole star anise *(see Tip, page 133)***
- **2 cinnamon sticks**
- **1½ teaspoons Sichuan peppercorns, divided**
- **1⅓ cups water**
- **4 scallions, cut into 1-inch lengths**
- **Crushed red pepper to taste**

1. Combine chicken, soy sauce (or tamari), Shaoxing (or sherry), chiles, cumin seeds, garlic, ginger and sugar in a 4- to 7-quart slow cooker. Tie star anise, cinnamon sticks and 1 teaspoon Sichuan peppercorns in cheesecloth or a muslin spice bag and add to the slow cooker. Add water and cover. Cook on Low for 8 hours or High for 4 hours.
2. Remove and discard the spice bag. Use a slotted spoon to remove the chicken. Discard the skin and bones. Pour the broth into a fat separator or skim the fat, if desired. Stir in the remaining ½ teaspoon Sichuan peppercorns and let stand for 5 minutes.
3. Divide the chicken and broth among 6 serving bowls and top with scallions and crushed red pepper.
SERVES 6: ½ cup chicken & ⅓ cup broth each
CAL 197 / **FAT** 9G (SAT 2G) / **CHOL** 77MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 1G) / **PROTEIN** 23G / **FIBER** 1G / **SODIUM** 581MG / **POTASSIUM** 265MG.

FLOURISH

Sesame Baby Bok Choy

ACTIVE: 15 min **TOTAL:** 15 min
Trim 6 heads **baby bok choy** (about 1 lb.) and separate leaves. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add the bok choy; steam until just tender, 8 to 10 minutes. Top with 1 Tbsp. **toasted sesame oil,** 2 tsp. **toasted sesame seeds** and ¼ tsp. **salt.**
SERVES 6: ½ cup each
CAL 39 / **FAT** 3G (SAT 0G) / **CHOL** 0MG / **CARBS** 2G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 1G / **SODIUM** 162MG / **POTASSIUM** 256MG.

SLOW COOKER

Carne Picada Tacos with Blistered Jalapeños

ACTIVE: 25 min **TOTAL:** 8½ hrs
EQUIPMENT: 4- to 7-qt. slow cooker

Loosely translated as "minced meat," the traditional texture of carne picada ranges from finely chopped to ground. Here we start with brisket, which becomes nice and tender in the slow cooker, then shred and chop the meat before serving. The seasoning is flavorful but not too spicy. Blistered jalapeños added at the end will satisfy the heat-lovers in the family. (Photo: page 102.)

- **2 pounds beef brisket (flat end), trimmed**
- **2 teaspoons ancho chile powder**
- **2 teaspoons ground cumin**
- **1 teaspoon salt**
- **½ teaspoon dried oregano**
- **1 cup water**
- **2 tablespoons tomato paste**
- **8 small jalapeño peppers**
- **2 cups thinly sliced romaine lettuce**
- **16 corn tortillas, warmed**
- **½ cup crumbled cotija *(see Tip, page 133)* *or* feta cheese**

1. Place brisket in a 4-to 7-quart slow cooker and sprinkle with chile powder, cumin, salt and oregano. Whisk water and tomato paste in a small bowl and add to the slow cooker. Cover and cook on Low for 8 hours or High for 4 hours.
2. Heat a medium skillet over medium-high heat. Add jalapeños and cover. Cook, shaking the pan occasionally and turning the jalapeños with tongs as needed, until charred and blistered on all sides, 10 to 12 minutes. Remove from heat and let stand, covered, for 10 minutes to soften.
3. Transfer the brisket to a clean cutting board. Shred it, then finely chop. Slice the jalapeños.
4. Serve the brisket and lettuce in tortillas, topped with the jalapeños and cheese.
SERVES 8: 2 tacos each
CAL 347 / **FAT** 15G (SAT 5G) / **CHOL** 84MG / **CARBS** 25G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 5G / **SODIUM** 561MG / **POTASSIUM** 681MG.

FLOURISH

Avocado Salsa

ACTIVE: 15 min **TOTAL:** 15 min
Combine 1 diced **avocado,** 1 cup each chopped fresh **cilantro** and quartered **grape tomatoes,** 2 diced **mini sweet peppers,** ½ minced seeded **jalapeño,** 1½ Tbsp. **lime juice** and ¼ tsp. **salt** in a medium bowl.
SERVES 8: ¼ cup each
CAL 48 / **FAT** 4G (SAT 1G) / **CHOL** 0MG / **CARBS** 4G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 77MG / **POTASSIUM** 199MG.

SLOW COOKER

Smoky Stewed Black Beans

ACTIVE: 15 min **TOTAL:** 8¼ hrs (plus overnight soaking)
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: 4- to 7-qt. slow cooker

Don't forget to soak your beans overnight for the creamiest, most luscious results. Serve over brown rice. (Photo: page 103.)

- **1 pound dried black beans, soaked overnight**
- **1 large smoked ham hock (about 12 ounces)**
- **1 small onion, cut into thick wedges**
- **6 cloves garlic, minced**
- **2 bay leaves**
- **1½ teaspoons salt**
- **1 teaspoon ground cumin**
- **½ teaspoon ground pepper**
- **4 cups water**
- **1 large orange, cut into wedges**

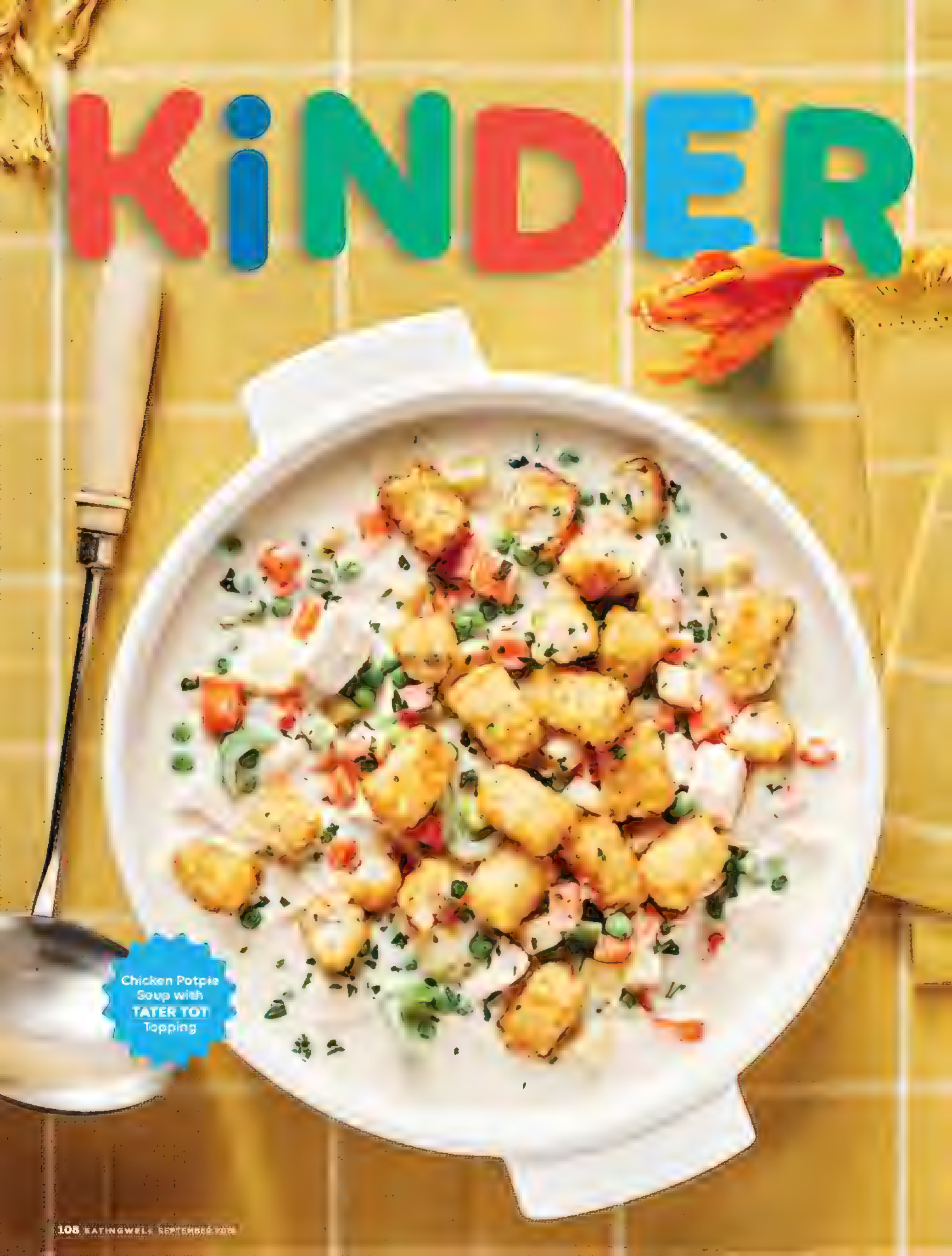
1. Drain beans and transfer to a 4- to 7-quart slow cooker. Add ham hock, onion, garlic, bay leaves, salt, cumin and pepper. Add water and cover. Cook on Low for 8 hours or High for 5 hours.
2. Discard the bay leaves. Using tongs, transfer the ham hock to a bowl.
3. If you would prefer a thicker consistency, discard a ladleful or two of the cooking liquid. Use a potato masher to crush some of the beans against the side of the pot. *(Alternatively, use an immersion blender to puree some of the beans and thicken the stew.)*
4. Shred the meat from the ham hock (discard the bones, skin and fat). Return the shredded meat to the beans. Serve with orange wedges.
SERVES 8: 1 cup each
CAL 201 / **FAT** 1G (SAT 0G) / **CHOL** 3MG / **CARBS** 36G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 12G / **SODIUM** 503MG / **POTASSIUM** 532MG.

FLOURISH

Lemon-Curry Collard Greens

ACTIVE: 25 min **TOTAL:** 25 min
Whisk one 15-oz. can **coconut milk,** ¼ cup **water,** 1½ tsp. **Madras curry powder,** ½ tsp. **salt** and ¼ tsp. **ground turmeric** in a large pot. Bring to a boil over medium-high heat. Add 20 cups chopped **collard greens** (from 2 large bunches), stirring to coat with the coconut milk mixture. Reduce heat to maintain a lively simmer, cover and cook, stirring occasionally, until the collards are tender, 8 to 10 minutes. Stir in 1 Tbsp. **lemon juice.**
SERVES 8: ⅔ cup each
CAL 135 / **FAT** 12G (SAT 10G) / **CHOL** 0MG / **CARBS** 7G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 168MG / **POTASSIUM** 317MG.

LIANA KRISSOFF *is the author of several cookbooks including* Slow Cook Modern. *She lives in West Virginia.*


KiNDER
Chicken Potpie Soup with TATER TOT Topping

SOUPS

RECIPES
EatingWell

PHOTOS
Johnny Autry

STYLING
Charlotte Autry

Soups inspired by comfort foods like cheeseburgers, mac & cheese and chicken potpie are sure to put a smile on the face of every kid in your house, even the grown-up ones.

Squish-Squash Mac & Cheese Soup

ACTIVE: 30 min **TOTAL:** 30 min

A package of frozen pureed winter squash adds sweetness and good nutrition to this family favorite. It also lends its orange color to the soup, making it seem cheesier without actually adding more cheese. (Photo: page 112.)

- **1½ cups whole-wheat elbow macaroni**
- **3 tablespoons unsalted butter**
- **3 tablespoons all-purpose flour**
- **2 teaspoons Dijon mustard**
- **4 cups low-sodium chicken broth**
- **1 10-ounce box frozen pureed winter squash, thawed slightly**
- **2 cups half-and-half**
- **1 8-ounce package reduced-fat cream cheese, cubed and softened**
- **1½ cups shredded Cheddar cheese**
- **2 teaspoons cornstarch**
- **2 teaspoons white-wine vinegar**
- **¼ teaspoon ground pepper**
- **Sliced chives for garnish**

1. Cook macaroni according to package directions. Drain and set aside.

2. Meanwhile, melt butter in a large pot over medium heat. Add flour and mustard and whisk for 2 minutes. Gradually add broth, stirring constantly. Bring to a boil.

3. Add squash and return to a boil. Stir in half-and-half and bring to a simmer. Add cream cheese, whisking constantly until it is melted. Remove from heat.

4. Combine Cheddar and cornstarch in a medium bowl, tossing to coat evenly. Slowly add the cheese to the soup, stirring constantly until melted. Stir in the macaroni, vinegar and pepper. Top with chives, if desired.

SERVES 8: 1¼ cups each

CAL 381 / **FAT** 26G (15G SAT) / **CHOL** 74MG / **CARBS** 25G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 15G / **FIBER** 2G / **SODIUM** 478MG / **POTASSIUM** 357MG.

Chunky Cheeseburger Soup

ACTIVE: 45 min **TOTAL:** 45 min

A spoonful of this tomatoey soup delivers the experience of a perfect burger bite—savory beef and onions, sweet and tangy condiments and, of course, Cheddar and American cheese!

- **1 pound 90%-lean ground beef**
- **1 cup chopped celery**
- **½ cup diced onion**
- **4 cups low-sodium beef broth**
- **1 cup water**

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- **4 cups diced peeled potatoes**
- **4 tablespoons (½ stick) unsalted butter**
- **¼ cup all-purpose flour**
- **1½ cups low-fat milk**
- **1 6-ounce can no-salt-added tomato paste**
- **2 tablespoons ketchup**
- **2 tablespoons Dijon mustard**
- **2 cups shredded Cheddar & American cheese blend**
- **1 tablespoon chopped fresh parsley**
- **Chopped tomatoes, onion *and/or* dill pickles for garnish**

1. Cook beef in a large pot over medium-high heat, crumbling with a wooden spoon, until no longer pink, about 5 minutes. Add celery and onion; cook, stirring, until the vegetables are softened, about 3 minutes. Add broth, water and potatoes. Bring to a boil. Reduce heat to a simmer, partially cover and cook, stirring occasionally, until the potatoes are tender, about 15 minutes.

2. Meanwhile, melt butter in a medium saucepan over medium heat. Whisk in flour. Slowly add milk, whisking constantly, and cook until thickened, about 2 minutes. Whisk in tomato paste, ketchup and mustard.

3. Slowly whisk the milk mixture into the soup and bring to a boil. Reduce heat to a simmer and stir in cheese, a handful at a time. Cook just until the cheese is melted. Remove from heat and stir in parsley. Serve topped with tomatoes, onion and/or pickles, if desired.

SERVES 8: 1½ cups each

CAL 405 / **FAT** 23G (12G SAT) / **CHOL** 82MG / **CARBS** 25G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 25G / **FIBER** 3G / **SODIUM** 429MG / **POTASSIUM** 964MG.

Whether it's stars, tortellini or just good old elbows, noodles make choosy chowhounds dig in to soup fast. Let them pick their favorite shape to seal the deal.
Squish-Squash
MAC & CHEESE
Soup

Creamy Tomato Soup with Tortellini

ACTIVE: 25 min **TOTAL:** 35 min

If you're a fan of the classic dipping duo of toasty grilled cheese and tomato soup then you'll want to try this combo: cheese-filled pasta floating in an earthy tomato base gives you that same craveable carb-and-creamy mashup, without all the crumbs.

- **1 tablespoon extra-virgin olive oil**
- **1 tablespoon butter**
- **1 large leek, white & light green parts only, halved lengthwise, rinsed and sliced**
- **4 cloves garlic, minced**
- **1 6-ounce can no-salt-added tomato paste**
- **4 cups low-sodium vegetable broth *or* no-chicken broth**
- **1 28-ounce can Italian plum tomatoes, drained and chopped**
- **2 bay leaves**
- **1 teaspoon crushed dried oregano**
- **1 teaspoon salt**
- **1 9-ounce package cheese tortellini, fresh *or* frozen**
- **1 tablespoon all-purpose flour**
- **1½ cups half-and-half**
- **½ cup chopped fresh basil *or* parsley**

1. Heat oil and butter in a large pot over medium heat. Add leek and garlic. Cook, stirring often, until softened, 2 to 3 minutes. Stir in tomato paste. Cook, stirring, for 2 minutes. Add broth, tomatoes, bay leaves, oregano and salt. Bring to a boil, stirring occasionally. Reduce heat and simmer for 10 minutes.

2. Add tortellini. Simmer until the tortellini are tender, 4 to 7 minutes.

3. Remove the bay leaves. Whisk flour and half-and-half in a small bowl. Stir the mixture into the soup. Add basil (or parsley). Cook, stirring occasionally, until slightly thickened, about 1 minute.

SERVES 6: 1½ cups each

CAL 322 / **FAT** 14G (7G SAT) / **CHOL** 44MG / **CARBS** 40G / **TOTAL SUGARS** 12G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 4G / **SODIUM** 714MG / **POTASSIUM** 476MG.

BETTER BROTH

If a recipe calls for broth, it's a good idea to use a low-sodium variety. That way *you'll* control the saltiness of your soup—after all, you can always add salt to taste before serving, but you can't take it out.

Chicken
ENCHILADA
Soup

Chicken Enchilada Soup

ACTIVE: 30 min **TOTAL:** 45 min

Corn tortillas thicken this soup, but Cheddar and cream cheese give it the richness you'd expect from an enchilada. Serve it with something fresh and crunchy like a jicama slaw dressed with a little olive oil and lime juice.

- **1 tablespoon canola oil**
- **1 cup chopped onion**
- **3 cloves garlic, minced**
- **5 cups low-sodium chicken broth**
- **1 15-ounce can no-salt-added diced tomatoes**
- **1 4-ounce can diced green chiles**
- **6 corn tortillas, chopped**
- **2 teaspoons chili powder**
- **1 teaspoon ground cumin**
- **2 cups shredded cooked chicken breast**
- **4 ounces reduced-fat cream cheese, softened**
- **¾ cup shredded Cheddar cheese**
- **1½ teaspoons cornstarch**
- **Fresh cilantro, sour cream *and/or* guacamole for garnish**

1. Heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add garlic and cook, stirring, for 1 minute. Add broth, tomatoes, chiles, tortillas, chili powder and cumin. Bring to a boil, stirring occasionally. Reduce heat to a simmer. Cover and cook for 20 minutes.

2. Add chicken and cream cheese, stirring until the cream cheese is melted. Remove from heat. Combine shredded cheese and cornstarch in a small bowl and gradually add to the soup, stirring until melted. Return the pot to medium heat and cook until hot, 1 to 2 minutes. Serve the soup with cilantro, sour cream and/or guacamole, if desired.

SERVES 6: 1½ cups each

CAL 319 / **FAT** 15G (6G SAT) / **CHOL** 68MG / **CARBS** 22G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 4G / **SODIUM** 354MG / **POTASSIUM** 531MG.

Chicken Potpie Soup with Tater Tot Topping

ACTIVE: 40 min **TOTAL:** 1 hr 10 min

This bubbling stew-like soup is a great way to use up leftover cooked chicken or turkey—and a perfect excuse to indulge in crispy, puffy tater tots. (Photo: page 108.)

- **3 cups frozen potato puffs**
- **2 tablespoons canola oil**
- **2 tablespoons unsalted butter**
- **1 cup chopped carrot**
- **1 cup chopped parsnip**
- **½ cup chopped celery**
- **½ cup chopped onion**
- **½ cup all-purpose flour**
- **6 cups low-sodium chicken broth**
- **3 cups diced cooked chicken *or* turkey breast**
- **1 teaspoon garlic powder**
- **1 teaspoon onion powder**
- **1 teaspoon dried marjoram**
- **½ teaspoon dried sage**
- **1 cup frozen peas**
- **½ cup half-and-half**
- **3 tablespoons chopped fresh parsley**

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.

2. Place potato puffs on the baking sheet. Bake until golden and crispy, 20 to 25 minutes.

3. Meanwhile, heat oil and butter in a large pot over medium heat. Add carrot, parsnip, celery and onion. Cook, stirring occasionally, until the vegetables start to soften, about 5 minutes. Stir in flour and cook, stirring, for 1 minute. Stir in broth, chicken (or turkey), garlic powder, onion powder, marjoram and sage. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and simmer until thickened and bubbly, about 2 minutes. Remove from heat. Stir in peas and half-and-half.

4. Arrange the potato puffs over the surface of the soup. Serve topped with parsley.

SERVES 6: 1½ cups each

CAL 460 / **FAT** 21G (6G SAT) / **CHOL** 77MG / **CARBS** 38G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 32G / **FIBER** 5G / **SODIUM** 490MG / **POTASSIUM** 854MG.

SPECIAL THANKS

Photo team Johnny and Charlotte Autry had their son (far right) invite his friends to taste our soups. The kids were "dubious" at first, but "were quickly won over by Chunky Cheeseburger Soup. Squish-Squash Mac & Cheese was the second favorite—naturally," says Charlotte.

Americans care more than ever about what's in their food and where it comes from. Yet the vast majority admit the labels on products trip them up. Take our quiz to test your smarts—and find out which terms are really worth paying attention to.

By Joyce Hendley ✷ Lettering by Jon Valk ✷ Photo by Kang Kim

We know you're a savvy shopper who seeks out healthy food. Heck, that's why you come to *EatingWell*. But these days, even educated consumers can get stumped by the flurry of claims plastered on the front of food packages (and that distract you from the important info on the back, like the Nutrition Facts panel). From terms like "high fiber" and "whole-grain rich" to "pasture raised" and "GMO-free"—not to mention the flags noting calories, saturated fat, sodium and sugar counts—your brain has a lot to process. "We're *so* bombarded," says Christina Roberto, Ph.D., a food policy researcher at the University of Pennsylvania Center for Health Incentives and Behavioral Economics. "Packages just aren't designed to communicate nutrition information effectively."

In fact, a recent survey by the International Food Information Council found that while 83% of consumers say they read labels on packaged foods, most find them downright confusing—with 72% complaining that finding healthy items is "moderately hard" or "difficult" when shopping. Test your label literacy with our simple quiz. (No judgment! Wise minds—including *[cough]* some of our staffers *[cough]*—were surprised by some of the things we uncovered.) You'll also learn which terms to zero in on and which to skim over, so you can know exactly what you're getting, be able to confidently make choices that are right for you—and spend a lot less time puzzling over products in the grocery store aisles.

NO HIGH-FRUCTOSE CORN SYRUP
Organic
ALL Natural
GLUTEN FREE
LOCALLY GROWN
TOTALLY PLANT BASED
Free Range
NITRATE-FREE
FAT-FREE
ANIMAL WELFARE GUARANTEED
RAISED WITHOUT ANTIBIOTICS
LESS SODIUM
EXCELLENT SOURCE OF VITAMIN C

Quiz Your Food Label Knowledge *(page 1 of 3)*

1.

Which label on a box of cereal signals a product with the most whole grains per serving?

A "Made with whole wheat"
B A "Whole grain—8 g or more per serving" stamp from the Whole Grains Council
C "Whole grain is the 1st ingredient"
D None of the above

D. Although products bearing any of these claims must contain at least some whole grains, "they can still be mostly refined grains," says Lindsay Moyer, R.D.N., senior nutritionist with the Center for Science in the Public Interest, a Washington, D.C.-based consumer advocacy group. None of these terms indicates an item with the highest proportion of whole grains relative to refined. If you're looking to avoid refined grains, look for "100% whole grain" on the label—or the "100% Whole Grain" version of the stamp from the Whole Grains Council.

2.

Which sodium claim guarantees you the lowest amount per serving?

A "Low sodium"
B "Lightly salted"
C "Less sodium"
D "Reduced sodium"

A. Of all these terms, only "low sodium" guarantees a specific amount of the nutrient: 140 milligrams or less per serving. The other claims are only relative: "less sodium" and "reduced sodium" mean the food has at least 25% less salt than the regular version of it; and "lightly salted" foods have at least a 50% reduction from the full-on-sodium iteration. Bear in mind that if the original food was pretty salty to begin with—like soy sauce, for instance—the numbers could still be high.

3.

Food labeled "locally grown" means it was produced within:

A 15 miles
B 50 miles
C 400 miles
D None of the above

D. The term "local" isn't federally regulated, so there's no official meaning. That said, certain states' farm programs have their own restrictions on how far a food can travel from its origins and still qualify as local (you can do a little online digging to find out). Some store chains and brands set their own standards too.

4.

What terms should you look for to reduce your exposure to pesticides on produce?

A "Pesticide Free"
B "Triple-washed by hand in fresh mountain spring water"
C "Certified Pesticide Residue Free"
D "USDA Organic"

C & D. The "Certified Pesticide Residue Free" seal verifies that the produce was tested and found to have levels below a standard set by SCS Global Services, an independent certifying agency. For most pesticides, that amount is less than 0.01 parts per million—more stringent than what U.S. law requires. The seal *doesn't* mean that the produce was grown without synthetic pesticides. For that, look for "USDA Organic." (Organic regulations do allow the use of some naturally derived pesticides, but those are usually believed to be less harmful to human health and the environment.) The term "pesticide free" is allowed on products but is not defined or regulated by the Food and Drug Administration, and we're pretty sure you guessed that the mountain spring thing was a bit of editorial leg pulling.

5.

"No sugar added" is the same thing as "unsweetened."

☐ True
☐ False

False. According to FDA regulations, a "no sugar added" claim means a food contains no sugars added during processing or packing—including sneaky ones like concentrated fruit juice—but it might still have artificial sweeteners or sugar alcohols (such as sorbitol). If it's labeled "unsweetened," though, the product has no added sugars of any kind.

6. When buying eggs, which term gives you the strongest guarantee that the hens have a specific amount of space to walk around outside and forage?

A "Pasture-Raised"
B "Animal Welfare Approved" seal from A Greener World
C "Free Range"

B. The U. S. Department of Agriculture hasn't defined standards for "pasture-raised" hens and only requires "free-range" birds to have "continuous access to the outdoors." It doesn't specify how much space the hens must have, so your best proof that they're given ample room to roam is an additional certification, such as "Animal Welfare Approved," "Certified Humane Raised and Handled" and "American Humane Certified." All have clear rules that are third-party verified. In the case of "Animal Welfare Approved," for example, there are requirements for pasture size and the birds must be allowed outside for at least half the day.

7.

"Uncured" or "no nitrates" bacon can still contain nitrates.

☐ True
☐ False

True. Nitrates help preserve processed meats. Products labeled "uncured" or "no nitrates" are treated with juice or powder from produce—such as celery juice and beet or cherry powder—that's naturally high in this chemical. So the preservative is still added, only it doesn't come from a man-made source. Nitrates are converted to nitrites by the body and can form compounds called nitrosamines, which are associated with an increased cancer risk. According to the American Institute for Cancer Research, there's no evidence to suggest that these natural versions are any better or worse than conventional ones.

8.

A package of chicken breasts marked "natural" means that the bird was given no antibiotics and raised on pasture.

☐ True
☐ False

False. While the term evokes organic-like standards, all it guarantees according to USDA regulations is that no artificial flavors or colorings were added, and that the meat is "minimally processed" (read: not in fast-food nugget form). It doesn't cover how the chicken was raised or whether or not it was given antibiotics. In fact, the majority of poultry products qualify as "natural" under this definition.

Learn Your Labels

Hover your phone's camera over this smart code to get a downloadable list of label terms—including all the ones in this piece—to have on hand when you shop.

73%

of breakfast cereals sport at least one health or nutrition claim on the front of their packages. And that's just one section—of one aisle—in the supermarket.

SOURCE: JOURNAL OF PUBLIC POLICY & MARKETING

49%

of consumers aren't sure what the difference between non-GMO and organic is. While certified organic foods can't contain genetically modified ingredients, the reverse isn't true—products labeled non-GMO don't have to be organic.

SOURCE: ADVANCES IN NUTRITION

72%

of people say that seeing the word "natural" is the most important factor when buying food for their family—even more than terms like "sustainable" or "organic" (63% and 60%). But—remember!—"natural" actually has no legal meaning for most foods.

SOURCE: INTERNATIONAL FOOD INFORMATION COUNCIL

60%

of consumers say they're more likely to buy a product that has a symbol or image on the package suggesting that it's healthy.

SOURCE: INTERNATIONAL FOOD INFORMATION COUNCIL

Quiz Your Food Label Knowledge *(page 2 of 3)*

9.

Tuna labeled "pole and line caught" are reeled in one at a time, minimizing the amount of unintended species that can wind up in nets (called bycatch).

☐ True
☐ False

True. Most tuna is caught commercially using the purse seine method: a large wall of netting is dropped around an entire school of fish and then drawn closed, catching everything that it surrounds—including unwanted bycatch like dolphins, sea turtles, seals and whales. By some estimates, bycatch amounts to 40% of the fish netted globally, the vast majority of which gets discarded.

10.

To make sure mango juice is made only from mangoes, look for a bottle that specifies "100% fruit juice."

☐ True
☐ False

False. Yes, it's completely fruit juice, but there might be other fruits contributing to that 100%—often cheaper ones like pear, white grape or apple juice. Check the ingredients list to make sure.

11.

Which fortified almond milk claim lets you know you're getting at least 10% of your daily calcium per serving?

A "Good source of calcium"
B "Calcium enriched"
C "Now with added calcium"
D All of the above
E None of the above

D. While some sound wishy-washier than others, all these label terms are regulated by the FDA to meet a standard of at least 10% of the Reference Daily Intake (RDI) for calcium.

12.

If you want to avoid genetically modified organisms in your food, the only reliable standard is a "Non-GMO Project Verified" stamp on the package label.

☐ True
☐ False

False. You actually have two ways to assure there are no GMOs in your food. The "Non-GMO Project Verified" seal is probably the best-known one, but the "USDA Organic" certification is also a solid guarantee.

13.

Which label means that the chicken you're buying was raised without hormones?

A "Certified hormone free"
B "No hormones, ever"
C "No hormones, never ever—pinkie swear"
D All of the above
E None of the above

D. All of the above (even the clearly silly answer C). "No hormones" is actually meaningless, since federal regulations prohibit their use in poultry (or pork raised for slaughter). You'll still see this term sometimes, though, because the USDA allows companies to put it on packaging as long as they also include a qualifying statement, like "federal rules prohibit the use of hormones in poultry." But when it comes to beef, lamb and sheep products, this label does have meaning. Hormones can be given to increase weight gain, induce labor in pregnant animals and promote milk production. Claims like "no added hormones" or "raised without hormones" aren't verified by a third party, however, so if you want to be sure the animal wasn't given any hormones, go with organic or another certification that does vet them, such as USDA Process Verified.

14.

Which of the following products is most likely to be made with whole grains?

A Seven-grain bread
B Multigrain fiber crackers
C Whole-wheat blend pasta
D Ancient grains cereal
E None of the above

C. Though the other terms sound awfully whole-grainy, none of them guarantees any percentage or presence of *whole* grains in the product. But according to the FDA, having "whole wheat" in the title requires there to be at least some in the pasta (likewise in bread). Verify claims like this by looking at the ingredients list on the back of the package; if a grain with "whole" in its name is first on the list, you're in solid whole-grain territory.

15.

You're trying to eat more plant-based foods and are looking at a package of tofu sausages. Which label will ensure you're getting only plant ingredients?

A The "Certified Plant Based" stamp
B "Plant Based"
C "100% Clean, Natural, Cruelty-Free Plant Goodness"

A. The "Certified Plant Based" label from the Plant Based Food Association means that a food is 100% free of animal ingredients. (Note: It doesn't apply to single-ingredient foods that are by definition plant-based, like walnuts, oranges or broccoli.) On its own, "plant based" is a pretty nebulous statement that can encompass both completely vegan foods and those that contain some (but not all) plants. That last term we made up.

16.

Milk with a "Certified Grass-Fed Organic Dairy" label must come from cows that have never eaten grains.

☐ True
☐ False

True. The new "Certified Grass-Fed Organic Dairy" seal from the Organic Plus Trust, an independent certification program, verifies that the cows' diets come only from grass and other forage and stored forages—and excludes grains like corn, soy and grain-derived products. USDA Organic dairy cows eat an all-organic diet; at least 30% of it comes from pasture, but the rest can include grains and other agricultural products. Additional labels to look for if you want assurance of a grain-free diet: the "Certified Grassfed by AGW" seal from A Greener World and the "American Grassfed" stamp from the American Grassfed Association. While they aren't organic certifications, they're recommended by Consumer Reports' Greener Choices program for their standards for grass-fed practices and on-farm inspections.

17.

A fortified soy-milk label says "Excellent source of vitamin D." Does that mean it contains:

A All the vitamin D you need in a day per serving (100% Daily Value, or DV)
B At least 20% of the DV per serving
C At least 50% of the DV per serving
D None of the above

B. "High," "Rich in" and "Excellent source of" claims might sound like a food is positively loaded with a nutrient, but they all mean the same thing—that one serving contains at least 20% of the DV, or one-fifth of your daily requirement.

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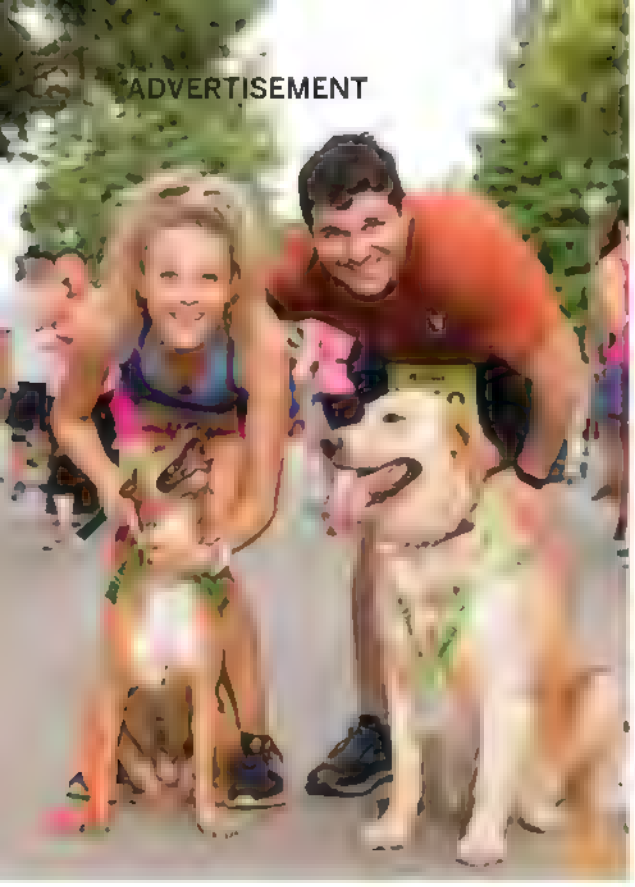

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Photos (from left): Scott Mason (2), Vladimir Bukalo, Bradley Schweit

18.

If you choose U.S. farmed tilapia labeled "ASC Certified Farmed Responsibly," it means (select all applicable):

A The farm uses practices that minimize impact on the local ecosystem.
B There are limits on the use of wild fish in the tilapia's feed.
C No hormones are given to the fish at any point in their life cycle.
D The fish are exclusively fed certified free-range kelp.

A & B. ASC certification, from the Aquaculture Stewardship Council, covers ecosystem impacts and feed restrictions. It doesn't cover hormones because none are allowed in U.S. aquaculture operations anyway—and (sadly for the tilapia) there's no such thing as certified free-range kelp.

19.

A package of "Naturally Smart Choice" ground turkey is labeled "raised without antibiotics" and also has a "USDA Process Verified" stamp on it. Taken together, this means:

A That a USDA employee personally inspected that bird for antibiotics.
B That the turkey only received USDA-approved antibiotics, and only if it got sick.
C That the farmer certified that the turkey was naturally smart.
D That the farmer gave the USDA documentation of how the turkey was produced, and USDA auditors checked on it.

D. The "Process Verified" shield, from the USDA's Agricultural Marketing Service (AMS) is a way of certifying that when a company makes a claim about a production process—such as "cage-free" or "no antibiotics"—it provides document proof, and an AMS auditor conducts on-site inspections to verify it. The seal gives you extra reassurance that the producer's claim has backup—but it's not always meaningful if the claim is nothing special. For example, seeing "cage-free" on a package of turkey breast wouldn't mean much, since birds grown for meat aren't raised in cages anyway.

20.

Products with a "Certified Gluten-Free" seal from the Gluten-Free Certification Organization are also grain-free.

☐ True
☐ False

False. "Gluten-free" only certifies that the product was not made with a gluten-containing grain like wheat, spelt or barley (or processed in a facility that handles gluten). But it could contain other grains that don't have gluten, such as buckwheat, rice or millet.

21.

A food with a green "Bioengineered" symbol on its label contains genetically modified organisms (GMOs).

☐ True
☐ False

True. Though you probably haven't seen this label on your food yet, you likely will soon. The USDA's GMO label law, which goes into effect in January 2020, will require food companies to flag foods that have been "bioengineered" (aka genetically modified) or contain bioengineered ingredients by 2022. While GMO watchers will want to keep an eye out for the "Bioengineered" seal, there might not always be a label to spot: the law permits manufacturers to use digital links like smart codes instead.

22.

An "antioxidant rich" blueberry-acai-pomegranate juice blend gets its antioxidants from blueberries, acai and pomegranates.

☐ True
☐ False

False. The FDA does regulate antioxidant claims, but food companies don't need to distinguish whether they're intrinsic or added. So while there may be healthy nutrients in every sip, "It's possible that the antioxidants come from added vitamin C rather than the actual fruits," says nutritionist Lindsay Moyer. Check the ingredients list: if you see "ascorbic acid" or "vitamin C," chances are those superfruits are playing a minor role in the blend.

Joyce Hendley, M.S., *is a Denver-based food and health writer and teacher—and a compulsive label reader. The supermarket managers in her neighborhood will be relieved to know she is finally finished researching this article.*

How'd You Do?

GIVE YOURSELF 1 POINT FOR EACH CORRECT ANSWER

1-8 POINTS: You're not alone in feeling a little confused by all the label lingo—many smart (whole-grain) cookies are. Check out the list of label claims and definitions using the smart code on page 118. You can print it out or save it on your phone and refer to it when you grocery shop. And the next time you're at the supermarket and not in a super-rush, compare brands from one category of packaged foods you often eat—say, yogurt or sandwich bread. Do a deep dive on the Nutrition Facts panels and ingredients lists to find one that best meets your needs and make it your go-to. Repeat with another category another day. And repeat again. Finally, remember: many of the healthiest foods in the supermarket, like fresh fruits and vegetables, don't have labels anyway.

9-16 POINTS: You've got a solid knowledge of label claims, but you may want to do a little more flipping when you're at the market—that is, turning over packages to double-check the Nutrition Facts and ingredients. They're your best sources of nutrition information—and reality checks. But sometimes when we see healthy-sounding terms on the front of the package, we're less likely to use them. In a recent study, FDA researchers asked consumers to evaluate hypothetical bags of snack chips, both with health claims and without. They found that if the front of the package was marked with a nutrition claim, such as "fortified with calcium and vitamin D," people were less likely to read the Nutrition Facts panel. And they were more apt to choose that bag over one that didn't carry a claim—even if the other version was *actually* more nutritious (it contained more fiber and less salt and saturated fat). Don't be that person!

17+ POINTS: Congratulations—you could qualify as a professional label reader (and our nutrition editor is watching her back). Keep being vigilant!

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MORSELS

Get Organized!

From a smart spice rack system *(shown)* to a family calendar made for meal planning, flip for five ways to whip your kitchen into shape. Because, unlike your kid's room, you rule this space. **By Lucy M. Casale**

BRETT SIMISON

Meet Your Kitchen Helpers

These Test Kitchen favorites help keep your family hub in order and running smoothly.

Hold your phone's camera over this smart code to get kid-approved lunches from our Family Feed hub

1 De-clutter Counters
"I love the clean lines of this **Zwilling Modular Ceramic Countertop Set**," says food editor Jim Romanoff. The multipurpose canisters corral utensils, hold herbs and even store knives (thanks to slotted lids). ($95, *zwilling.com*)

2 Fix Chaotic Cabinets
This customizable system by **Vertical Spice** lets you see every spice in your collection at the pull of a single sliding rack (each one holds five bottles). No more heading to the store for turmeric *again*—only to realize you already had two bottles in the recesses of your cabinet. ($35 and up, *verticalspice.com*)

3 Have Seasonings Handy
Our recipe testers keep pinch bowls stove-side for easy access to their most-used spices (like sea salt and crushed red pepper). "Plus, I use them when I'm building a party board—for nuts, olives and dips," says senior food editor Devon O'Brien. (**NowDesigns Pinch Bowl Set,** $16 for set of 6, *amazon.com*)

4 Schedule Like a Boss
Test Kitchen manager Breana Killeen uses a board like this **Personalized Dry Erase Calendar by Circle & Square Decor** to track her family's schedule and plan weekly meals. She loves it so much, she got one for the Test Kitchen to streamline recipe testing. ($20 and up, *circleandsquaredecor.com*)

5 Org Your Pantry
Utilitarian items like storage containers don't usually excite us. But this wooden-lidded **Pyrex 6-piece glass storage set** is special. Whatever you put in them—granola, pasta, popcorn, lentils—just looks, well, *good*. Might they even inspire a total pantry revamp? ($38, *pyrex.com*)

FAMILY FEED

Simplify School Mornings

PackIt Freezable Lunch Bags
The gel walls in this freezable lunch sack means there's no need to mess around with separate ice packs. Just freeze it overnight and fill it in the a.m. It also comes in an array of fun patterns, such as Festive Gem, shown. ($22, *packit.com*)

Kilner Breakfast Jar with Easy Measure Lid
This jar is perfect for on-the-go breakfasts like overnight oats and yogurt parfaits. And the lid doubles as a measuring cup. ($15, *bedbathandbeyond.com*)

S'nack by S'well
Double-wall stainless-steel insulation keeps snacks and lunches hot or cold for the entire school day. Sold in 10- and 24-oz. sizes, they can tote everything from fruit salad to chicken noodle soup. ($20 and up, *swellbottle.com*)

VICTOR PROTASIO; STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS)

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Take It Slow

IN THE NAME OF CONVENIENCE, WE TESTED THE "FROM SLOW TO WHOA" RECIPES *(P.98)* IN THE LATEST BATCH OF 6- TO 7-QUART SLOW COOKERS. (IT DOESN'T GET MUCH EASIER THAN A SET-IT-AND-FORGET-IT MEAL!) THESE FAVORITES BUBBLED TO THE TOP.

1 Cuisinart 7-Quart Cook Central Multicooker
Though called a multicooker, this one is more like a slow cooker with benefits: namely, it roasts, sautés and steams. The sauté setting lets you skip the extra pan for browning meat before slow-cooking. *($150)*

2 KitchenAid 6-Quart Slow Cooker with Solid Glass Lid
The four temperature settings are intuitively straightforward, and we appreciate cookers with a see-through lid, like this one has. It also has a sleek, counter-worthy design that KitchenAid products are famous for. *($80)*

3 Crock-Pot 6-Quart Cook & Carry Programmable Slow Cooker with Digital Timer
We love everything about this updated model—especially the price! The lid locks securely, letting you tote the crock to tailgates and potlucks without worrying about spills. *($50)*

Smart Slow-Cooker Tips

GET A HEAD START
Save time in the morning by prepping ingredients the night before. Refrigerate chopped meat and vegetables and premeasured liquids in separate containers, not in the slow-cooker insert. Starting with a cold insert keeps food from reaching cooking temperature quickly enough, which can mess up cooking time and is a food-safety risk.

DITCH THE DEEP FREEZE
Always thaw meat or poultry *before* putting it in your cooker. This helps keep food out of the "danger zone" (40° to 140°F) where bacteria thrive.

KEEP A LID ON IT
Every time you lift the top, your slow cooker loses heat. It can take up to 30 minutes to return to temperature, lengthening the cooking time.

BE SMART ABOUT SIZE
Slow cookers range in size most commonly from 4 to 7 quarts. Always check the recipe before you start filling. If you use a too-small cooker, your food may not be done in the specified time, and underfilling an oversized cooker could result in a burned dinner.

VICTOR PROTASIO; STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS)

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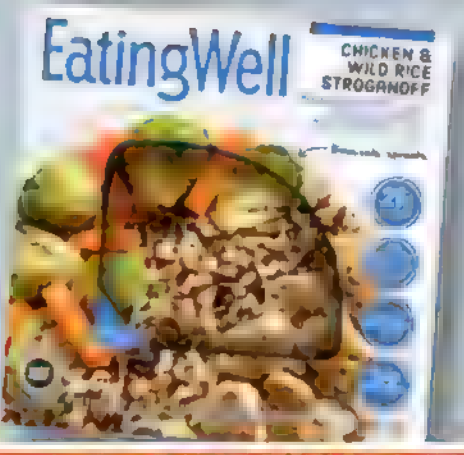

Coming Soon!
EatingWell Frozen Breakfast!

A+ Apple Pancakes

See why the ingredients we use help these flapjacks make the grade. **By Devon O'Brien**

Ricotta cheese This soft, fresh cheese makes pancakes moister than using milk alone. Plus, it packs nearly four times more protein than whole milk.

Double-acting baking powder and baking soda Because these leaveners work differently, using both ensures the batter will spread out evenly *and* rise to fluffy perfection. Baking soda fizzes when you add an acidic liquid like buttermilk and expands batter out more than up. Baking powder includes a dry acid that activates with any liquid and has enough strength to lift batter upward. "Double-acting" baking powder, used here (and generally the kind you'll find at the store), creates lift a second time when it's activated by heat.

Walnut oil We often reach for this oil, full of omega-3-rich healthy fat, when we're looking for rich flavor. In this recipe, its nuttiness complements the apples for a luxurious taste.

White whole-wheat flour This flour has 12 grams of fiber per cup compared to 3 grams in all-purpose flour. We often call for white whole-wheat rather than traditional whole-wheat, since it offers a milder flavor (closer to that of all-purpose) without sacrificing any fiber.

Buttermilk Like yogurt, buttermilk is made by adding beneficial bacteria to milk and letting it ferment, creating a thick, puckery liquid that lends a nice tang to the pancakes.

Apple Ricotta Pancakes

ACTIVE: 50 min **TOTAL:** 50 min

- 1 cup white whole-wheat flour
- 1 teaspoon double-acting baking powder
- ¾ teaspoon ground cinnamon, divided
- ¼ teaspoon baking soda
- ⅛ teaspoon salt
- 1 large egg
- 1 cup buttermilk
- ¾ cup whole-milk ricotta cheese
- 1 tablespoon sugar plus 1 teaspoon, divided
- 1 teaspoon vanilla extract
- 1 medium sweet, crisp apple (such as Honeycrisp)
- 4 teaspoons butter
- 4 teaspoons walnut oil

1. Whisk flour, baking powder, ½ teaspoon cinnamon, baking soda and salt in a medium bowl. Whisk egg, buttermilk, ricotta, 1 tablespoon sugar and vanilla in a large bowl. Stir the dry ingredients into the wet ingredients until just combined. Let stand until bubbly, about 10 minutes.

2. Meanwhile, combine the remaining ¼ teaspoon cinnamon and 1 teaspoon sugar in a small bowl. Core apple and slice into eight ⅛-inch-thick rings (reserve the rest of the apple for another use).

3. Heat 1 teaspoon each butter and oil in a large nonstick skillet over medium heat. Add 2 apple rings and cook until starting to soften, about 1 minute. Flip them over and spread ¼ cup of the batter on each. Cook until bubbles form, 2 to 4 minutes. Flip the pancakes, sprinkle with some of the cinnamon-sugar and cook until golden on the bottom and cooked through, about 2 minutes more. Repeat with the remaining ingredients in 3 more batches, adjusting the heat as necessary to prevent burning.

SERVES 4: 2 pancakes each

CAL 342 / **FAT** 16G (SAT 7G) / **CHOL** 83MG / **CARBS** 38G / **TOTAL SUGARS** 12G (ADDED 4G) / **PROTEIN** 13G / **FIBER** 4G / **SODIUM** 448MG / **POTASSIUM** 252MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS)

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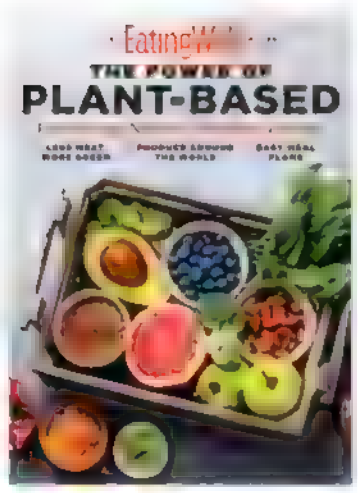

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"How do I season a wok?"

A carbon-steel wok is one of my all-time favorite kitchen tools. It's inexpensive—you can find them at housewares stores or Asian grocery stores for about $20—and it definitely comes in handy for quick stir-fry dinners. (Try our Scallion-Ginger Beef & Broccoli, page 24.) The beauty of this bowl-shaped frying pan? Once seasoned, it has a natural nonstick surface, like a cast-iron skillet. (Note: We never recommend nonstick woks.)

The best seasoning method I've used comes from Chinese-cuisine guru Grace Young, known as the "Poet Laureate of the wok." Here's her how-to:

- **Scrub** a carbon-steel wok with soap, hot water and a steel-wool pad. Rinse and dry thoroughly.
- **Heat** the wok over high heat until a bead of water dropped on the surface vaporizes instantly.
- **Swirl** 2 tablespoons peanut oil or vegetable oil into the pan.
- **Add** ½ cup sliced unpeeled fresh ginger and 1 bunch scallions cut into 2-inch pieces.
- **Reduce** the heat to medium and stir-fry the mixture, pressing it into the sides of the wok as you go.
- **Keep** stir-frying and pressing the seasonings all over the wok for about 15 minutes.
- **Remove** from the heat and let cool. (Discard the scallions and ginger.) Rinse with hot water. Your wok is now ready to use! And it will get better and better over time.

After cooking, always rinse your wok with hot water (never use soap) and wipe it down with a soft sponge. For stuck-on foods, use a stiff-bristled brush. You can also add some water to the wok and gently heat on the stove to loosen, then rinse thoroughly. Since moisture can cause your wok to rust, completely dry with a kitchen towel before storing. Alternatively, place the wok over low heat after washing, for 1 to 3 minutes.

BREANA KILLEEN, *M.P.H., R.D., is our Test Kitchen manager.*

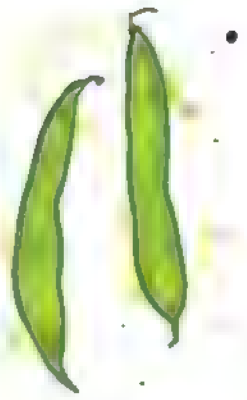
PENNY DE LOS SANTOS; STYLING: SIMON ANDREWS (FOOD), GRACE KNOTT (PROPS)

I.D. That Ingredient DO YOU KNOW YOUR "COTIJA" FROM YOUR "ASAFETIDA"?

Cotija cheese (p.107)
Traditionally made with cow's milk, this salty Mexican cheese is crumbly, dense and best used sprinkled on top of dishes just before eating. Look for it with other specialty cheeses at most supermarkets, or use feta in a pinch.

Star anise (p.107)
Named for its star-shaped pods that come from a small evergreen tree native to China, star anise lends a licorice-like flavor to many Asian dishes. Look for it with bulk spices in natural-foods stores or at Asian markets.

Kashmiri chile powder (p.105)
Made from Indian Kashmiri chiles, this spice has mild heat and a vibrant red hue. Look for it at Indian markets or online. For a substitute, use regular chili powder.



Italian (Romano) beans (p.105)
Ranging in color from green to purple—or even speckled—find these long, flat beans at farmers' markets summer to fall. You can also pick them up in the frozen aisle. From the same family as garden-variety green beans, these have a similar grassy flavor, but are more substantial and meaty.

Asafetida (p.105)
Used in Indian and Middle Eastern cooking, asafetida (as-*uh*-fet-i-*duh*) is known for its distinct, slightly sulfurous aroma that works synergistically with other spices to enhance them—similar to the way anchovies can amp up a dish's flavor without you knowing they're there. You can find the spice at Indian markets or online.

ILLUSTRATIONS BY EMMA DIBBEN

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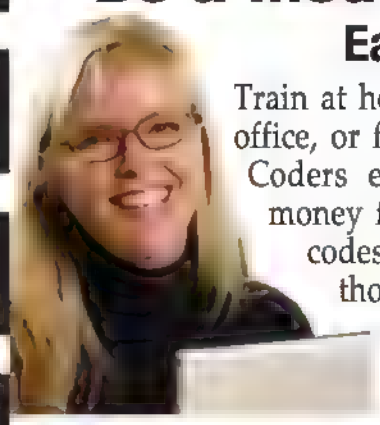

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RECIPE INDEX

We have standards: *eatingwell.com/go/guidelines*

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers & Drinks																				
52	Blackberry-Rosemary Gin & Soda	125	7	5	0	0	1	39							■	■		■	■	■
52	Garlic-Chile Marinated Olives	94	1	0	0	1	280	6							■	■		■	■	■
Breakfast																				
130	Apple Ricotta Pancakes	342	38	4	13	4	448	252	25		26							■		■
Sides																				
105	Almond Couscous	156	27	0	6	5	234	24							■		■	■	■	■
107	Lemon-Curry Collard Greens	135	7	0	4	4	168	317	22	31		90		55	■	■			■	■
45	Madeira-Roasted Mushrooms & Shallots	178	21	0	5	4	163	720							■	■	■	■	■	■
107	Sesame Baby Bok Choy	39	2	0	2	1	162	256				89			■	■	■	■	■	■
45	Shaved Brussels Sprouts with Lemon-Chile Vinaigrette	201	14	3	5	5	216	436		17				128	■	■	■	■		■
Soups																				
115	Chicken Enchilada Soup	319	22	0	25	4	354	531	26					22	■	■				
115	Chicken Potpie Soup with Tater Tot Topping	461	38	0	32	5	490	854				89		22						
110	Chunky Cheeseburger Soup	405	25	1	25	3	429	964	29			22	33	22	■					
113	Creamy Tomato Soup with Tortellini	322	40	0	11	4	714	476				28			■					■
110	Squash-Squash Mac & Cheese Soup	381	25	0	15	2	478	357	27			142			■					
Vegetarian																				
105	Big Vegetable Stew	173	30	0	7	8	480	826				24		55		■		■	■	■
43	Cauliflower Spanakopita Melt	305	13	0	17	4	576	379	46	54		112		118	■	■		■		■
36	Cauliflower Tikka Masala with Chickpeas	268	26	0	8	7	673	377		20				99	■	■		■		■
23	Crispy Ravioli with Red Pepper & Mushroom Bolognese	479	49	1	20	6	501	267	24			49		97	■					■
32	Greek Salad with Edamame	343	20	0	17	9	486	908	22	125	23	184		30	■	■		■		■
30	Herbed Ricotta Mini Quiches	226	22	0	13	3	363	262										■		■
93	One-Pot Mac & Cheese with Cauliflower & Brussels Sprouts	591	63	0	25	9	730	911	50	28		28		159	■					■
43	Spanakopita Casserole	451	52	0	19	4	615	117	33	41		108		40				■		■
42	Spanakopita Grilled Cheese Sandwiches	483	40	0	22	7	744	311	51	48	27	113		40	■			■		■
43	Spanakopita Rösti	295	28	0	9	5	440	90	23	40		106		40	■	■		■		■
42	Spanakopita Stuffed Peppers	209	11	0	10	3	416	229	29	47		144		166		■		■		■
105	Squash, Lentil & Millet Dal	267	45	0	12	8	454	710		37	21	155		29		■		■		■
Chicken																				
107	Brothy Sichuan Chicken with Scallions	197	3	1	23	1	581	265										■		
94	Chicken & Quinoa Buddha Bowls	753	43	1	34	10	606	836		38	22				■	■				
28	Everything Bagel Chicken Tenders Salad	394	14	1	27	1	402	337				21			■		■	■		
20	Herb-Roasted Drumsticks with Potatoes	551	42	0	51	6	713	1,288			21	405			■	■		■		
97	Pesto Chicken Cauliflower Pizza & Antipasto Salad	514	25	1	18	4	731	551	28			24		35	■	■				
Fish & Seafood																				
34	BBQ Shrimp with Garlicky Kale & Parmesan-Herb Couscous	414	36	4	32	5	606	566	20			69		65	■			■		
14	Fish Tacos with Kiwi Salsa	504	47	0	14	7	467	424			22			84	■		■	■		
26	Halibut with Creamed Corn & Tomatoes	422	35	0	35	4	641	1,396		24		38	34	46	■			■		
16	Scallops with White Bean Ragu & Charred Lemon	255	21	0	21	5	590	853				120			■	■	■	■		
Beef & Pork																				
105	Beef & Carrot Tagine	192	11	0	26	2	460	686				157	44			■		■		
107	Carne Picada Tacos with Blistered Jalapeños	347	25	0	27	5	561	681			21	33		58		■		■		
95	Cheesy Beef Enchilada Casserole	727	54	1	26	10	633	759	39		22	120	31	159	■			■		
96	Italian Marinated Pork Tenderloin with Roasted Vegetables & Quinoa	490	44	5	31	8	653	1,240		32		219		91		■				
24	Scallion-Ginger Beef & Broccoli	440	43	7	30	4	741	781		25	26	66	21	170	■	■		■		
18	Skillet Chili Mac	567	64	0	34	14	731	1,073		21	34	44	31	85	■			■		
107	Smoky Stewed Black Beans	201	36	0	13	12	503	532		51						■				
41	Steak Salad with Charred Onion Vinaigrette & Garlic-Cumin Yogurt	381	15	1	33	5	594	1,114		63	27	296	25	36		■		■		
Sauces, Toppings & Salad Dressings																				
49	Apple-Onion Relish	74	7	1	1	1	25	66							■	■	■	■		■
49	Apple-Tomato Dipping Sauce	27	5	1	0	1	66	94								■	■	■	■	■
107	Avocado Salsa	48	4	0	1	2	77	199						33	■	■	■		■	■
49	Easy Applesauce	75	20	2	0	3	27	140							■	■	■	■	■	■
105	Fresh Garlic Croutons	234	33	0	9	5	349	194							■				■	■
105	Herbed Yogurt	39	3	0	2	0	48	116							■	■		■		■
88	Master Vinaigrette + 6 variations *(analyses: eatingwell.com)*														■	■			■	■
Desserts																				
50	Peanut Butter-Chocolate Chip Skillet Cookie	294	36	16	5	3	169	110												■

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From Gridiron to Garden

A college president's decision to trade football for farming transformed a Dallas community in a way that touchdowns never could. **By John Gifford**

THE SITUATION

When Michael Sorrell became president of Paul Quinn College in 2007, the part of town surrounding the school was a federally recognized food desert, 6 miles from the nearest supermarket. Of the myriad challenges facing this South Dallas neighborhood, food insecurity was at the top of the list. But he believed the college could—and should—change that. "I just thought it was wrong," Sorrell said. "In one of the wealthiest cities in this country, people 10 minutes from downtown should not be forced to grocery shop at convenience stores." When a local philanthropist posed the idea of a community vegetable garden to Sorrell over lunch—and offered funding—he accepted, with plans to make a dramatic statement.

WHAT HE DID

Sorrell terminated the school's football program (despite opposition) and erected raised beds on the field. "We have 140-something acres of land, but I said let's put the garden *on* the football field," Sorrell said. "This was a way of saying, we believe in a different field of dreams. Our goal isn't simply to influence higher education. It's to influence society." Named WE Over Me Farm, the garden has since grown into a 4-acre organic farm with chickens, honeybees, fruit trees, a greenhouse and an aquaponics system.

WHY IT'S COOL

Under the guidance of a farm director, students manage the operation as part of a work-study program. And this former football field has produced approximately 60,000 pounds of food to date. Ten percent of the farm's bounty is sold, at cost, to faculty, staff and area residents at the school's weekly farmers' market. At least 10% is donated to food banks in the area. The remainder is sold to restaurants and their largest customer: Legends Hospitality, which, somewhat ironically, serves AT&T Stadium, home of the Dallas Cowboys. Another victory in Sorrell's eyes? A few years ago, the city—inspired by the college's efforts—approved a grocery store built across the street from campus, officially ending the community's designation as a food desert.

"We've sent more kale to the NFL than we ever did football players."
Michael Sorrell, WE Over Me Farm

SEBRON SNYDER

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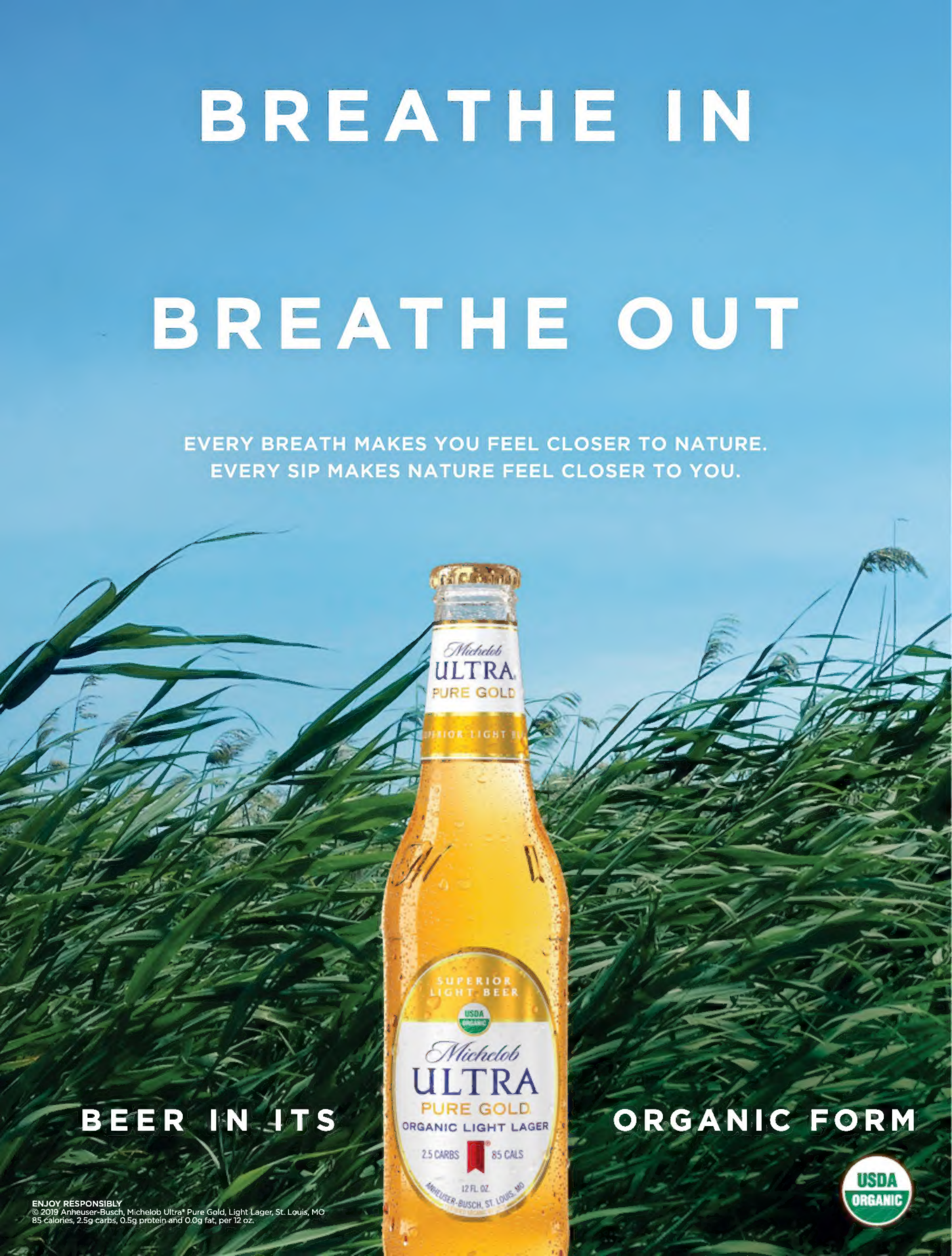

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